



## **Crowns, Bridges and Veneers Post Operative Instructions**

Your anesthesia will wear off in 1-3 hours after the procedure. It is very important not to chew on the numb side until the anesthetic wears off.

Your tooth may be sensitive to hot, cold or pressure after this procedure. Your gum tissue may also be tender. This is a COMPLETELY normal. The more invasive the procedure, the more sensitivity you may experience. The possible symptoms of hot, cold or pressure will cease after a few days to a couple of weeks. As long as your teeth and/or gums are continuing to feel better everything is fine.

### **TEMPORARY CROWNS, BRIDGES AND VENEERS**

Temporary crowns are utilized for about 2-3 weeks while the more definitive crown, bridge, or veneer is being customized for your tooth. The temporary protects the tooth and holds it in position during the interim while the definitive crown, bridge or veneer is being hand crafted in the lab.

The temporary crown, bridge and veneer is fragile and will not be as strong as the definitive crown, bridge, or veneer.

It is extremely important for the temporary to remain on the tooth until we seat your crown, bridge or veneer. If your temporary becomes loose or comes off at any time, please call our office. Your tooth can shift within a few hours if your temporary is missing, which can inhibit the placement of your permanent crown, bridge, or veneer.

Please note: With your temporary, avoid hard and chewy foods (such as ice, taffy, hard candy, gum, etc.) These are known to pull temporaries off the prepared teeth. Please avoid eating on the temporary as much as possible.

Please carefully clean around the temporary with a toothbrush and floss daily. Remember when flossing the temporary please pull the floss out the side to avoid pulling the temporary off. If the temporary does come off, please place a small dot of

tooth paste in the depth of the temporary and carefully place back on the tooth. The temporary should only fit on the tooth one way.

Once the anesthetic has worn off and you feel as though any of the teeth we worked on are hitting first, please give the office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted.

### **DEFINITIVE (PERMANENT) CROWN, BRIDGE AND VENEER.**

The permanent crown is checked for fit and then cemented. It is not uncommon for the permanent crown to be hot/cold sensitive for several weeks afterwards and occasionally a few months. Once again, a balanced bite is important. Be sure to inform us if you have a "high" bite on any new crowns, bridges, or veneers. The cement will be its strongest within 24 hours so be careful not to chew on anything hard or sticky on the newly cemented restorations.

Permanent Crowns, Bridges and Veneers should have tight contacts to prevent food impaction. If you have a fracture of the porcelain or an open or loose contact, please make an appointment for an evaluation. Open contacts can lead to periodontal (gum) disease and dental decay over time if not corrected.

It is important to floss the margins of crowns, bridges, and veneers next to the gum line, below the contact area to prevent periodontal (gum) disease and dental decay even with perfectly fitting crowns, bridges, and veneers. Remember you can still get decay under a perfectly fitting crown, bridge, and veneer if you do not use meticulous daily home care including brushing and FLOSSING daily. With regular professional dental cleanings and examinations the permanent crown, bridge or veneer should give you many years of service. AGAIN, decay may occur around the edges of the crowns, bridges or veneers, so it is very important to have these restorations checked and cleaned at a minimum of every 6 months.

**IMPORTANT NOTE: WE SUGGEST THAT YOU ALSO USE A DAILY FLUORIDE GEL ONCE A DAY AND AN IN-OFFICE FLUORIDE VARNISH EVERY 6 MONTHS TO HELP PREVENT DECAY AROUND YOUR CROWNS, BRIDGES AND VENEERS.**

We have done our best to provide you with the finest quality crown, bridge, and veneer available today. However, only your professional routine dental visits and home care can assure optimum service and longevity.