

## **44 West Post-Treatment Instructions: Crown & Bridge**

### **WHAT TO EXPECT:**

- Tooth or gum discomfort is common and may take several days to improve.
- Avoid eating until the anesthetic wears off so you don't accidentally bite your lip or cheek.
- Continue to brush your teeth as normal and use any mouth rinse as directed.

### **TEMPORARY CROWN OR BRIDGE:**

- You will leave with a temporary crown or bridge covering the prepared teeth.
- Because a temporary cement is used, it is important to avoid any foods that are sticky (e.g., chewing gum, laffy taffy, etc.) or hard or crunchy (e.g. peanuts, hard candies, etc.) as these can dislodge the temporary crown.
- Flossing can be tricky around a temporary crown! If you have food trapped between the teeth, you may GENTLY floss through the contact like you normally would. However instead of pulling the floss back through the contact area (which can pull the temporary crown off), with one hand pull the floss to the side and out from between the teeth.
- Even with great care taken, occasionally a temporary crown can become dislodged. If this happens:
  - First, it is possible to re-attach it to the tooth yourself. You can do this using a temporary cement that is available over the counter (Dentemp is a common brand). Use only a small amount, and make sure the tooth is as dry as possible first by sucking air around your teeth before placing the crown. It is also a good idea to try it in first to make sure you are able to place it properly.
  - If temporary cement is not available, the above can also be done with a small amount of toothpaste which can also create the needed suction.
  - If you are unable to or uncomfortable placing the temporary back to place, feel free to call our office and we are happy to help!

## **FINAL CROWN OR BRIDGE:**

- For the first 24 hours, treat your new crown or bridge as if it is still a temporary (see above). After 24 hours, treat this tooth like any other.
- Even if the prepared teeth have been comfortable since your first visit, there may still be temporary sensitivity after the final crown is cemented. This is due to the curing process of the final cement, which can take up to 24 hours.
- If any discomfort lasts longer than 1 week or if you have any questions at all, don't hesitate to reach out and we are happy to help!

Congratulations on taking this step towards improved oral health!