

# Long Family Dental

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## **AFTER CARE INSTRUCTIONS FOR: CROWN & BRIDGE PREP APPOINTMENTS**

When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment. Avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue or lip while you are numb.

Be careful when flossing around the temporary crown/bridge. Insert floss normally and remove floss by pulling out towards cheek. Do not pull the floss back up through the contact point because this could dislodge the temporary crown. Continue with your normal brushing.

If the temporary crown comes off, retrieve and save the temporary, if possible. Please call the office immediately to schedule a time so we can fix or replace it, at no additional charge. Likely, no harm will be done to the tooth if the temporary is not in place for a couple of days, although the tooth may be sensitive. We need to fix the temporary within two or three days, because without the temporary, the other teeth can shift and the final restoration may not fit.

Temporary restorations do not seal the tooth as well as the final restoration will. Sensitivity, gum soreness or slight discomfort is not uncommon. If you feel that your bite is incorrect, please call the office for a simple adjustment. Take Tylenol, Ibuprofen or aspirin for discomfort.

Avoid hard foods and substances with your temporary crown. If the temporary is in the front (anterior) of your mouth, only eat foods that you can use a fork and knife with until you get your permanent crown. Do not bite into anything. If the crown is in the back (posterior) of your mouth, avoid eating on the side of your mouth that has the temporary and avoid any hard or sticky foods.

It is normal to experience some hot and cold sensitivity. The teeth require some time to heal after removal of tooth structure and will be sensitive in the interim. Your gums may also be sore for a few days. Warm salt water rinses (a teaspoon of salt in a cup of warm water) three times a day will reduce pain and swelling. Sometimes a prescription mouthwash is recommended. A mild pain mediation (Tylenol or Ibuprofen (Motrin) every 4 – 6 hours) should ease any residual discomfort. If taking prescription pain medication, consult with Dr. Long before taking over the counter pain medication in conjunction.

If you grind your teeth at night, wear the night guard we have provided for you. If you have any problems or concerns, please let us know. We always welcome your questions.