

INSTRUCTIONS FOLLOWING CROWN AND BRIDGE TREATMENT

1. Your gums and teeth may be tender after the crown(s) preparation appointment.
2. For the next 24-48 hours continue the use of the peridex mouth rinse. If you are out, mix one teaspoon of salt water in an 8-ounce glass of warm water and swish. Do this 2 to 3 times a day.
3. When brushing, use a soft bristled brush. Gently massage gums and teeth.
4. Avoid sticky foods (gum, taffy, caramels, etc.), nuts, hard candy, and chewing ice.
5. Floss your temporary crowns gently. Do not pull floss up and down between teeth. Just clean and pull floss out to the side so that the crown will not “pop off”.
6. If the crown should come off or loosen, please call the office to have it recemented. It is very important that the temporary crowns stay in place while waiting for the permanent crown to be placed in the mouth.
7. If the nerves of your teeth were unhealthy before treatment, they may become symptomatic at this time. If the tooth does not settle down after the initial tenderness, please contact us. Additional treatment may be required.
8. Hot foods or beverages can be harmful to anesthetized tissue. Please avoid drinking hot coffee, etc., until the numbness wears off.
9. If there are any questions at all, please contact our office.