



## **Post operative instructions following a Crown or Bridge procedure**

Avoid hot beverages and chewing food until the numbness has worn off to prevent injuries to the lips and tongue. Most of the crowns placed at our office will be permanent crowns made in office and bonded to your tooth the day of your appointment. For these crowns there are no restrictions on your diet. However, anything that can break a tooth may also fracture a crown. If you have a temporary crown or bridge placed, avoid hard foods such as bagels, jerky, etc. and sticky foods such as taffy and caramel until the permanent crown or bridge is placed.

The area where the anesthesia was given may be tender for a few days. The gum tissue surrounding the tooth/teeth that were restored will likely be tender for a few days. The tenderness will usually resolve within 24-48 hours. This can vary as every case is unique.

The tooth/teeth restored can be temperature sensitive for a few weeks and occasionally a few months. Ibuprofen or Tylenol will usually control the discomfort for the first few days. Please call our office if the pain becomes worse or persistent.

If it becomes uncomfortable to chew in the area please call for a simple adjustment to the crown or bridge.

A salt water or Listerine rinse for the first few days after your appointment can be helpful to keep your gum tissue clean and healthy while it heals.