

Barrett D. Straub, DDS SC.

Temporary Crowns and Bridges - Post-Treatment Instructions

After your first crown or bridge appointment, refrain from eating for at least 1 hour and until the anesthesia has worn off.

Temporary: A temporary crown or bridge will be placed on the prepared teeth while the permanent restoration is being made. The temporary serves very important purposes. It protects the exposed dentin so it is not sensitive, **prevents food and bacteria from collecting on the tooth preparation, and prevents the tooth from shifting or moving, which can make seating of the permanent restoration more difficult or even impossible.** The temporary is placed with a cement that is designed to come off easily, so avoid chewing sticky foods such as gum or taffy or anything very crunchy. Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to slide the floss out below the contact rather than popping up through the contact between the temporary and the tooth next to it.

If your temporary comes off between appointments, even if there is no discomfort, slip it back on and call our office in order to have us recement it for you. It cannot be stressed too much how important this is. A little denture adhesive or even toothpaste placed inside the crown can help to hold it in place in the interim.

Sensitivity: Sensitivity, especially to cold, is common while you are wearing the temporary. If you experience this, avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If your gums are tender, rinse with warm salt water by dissolving 1/2 teaspoon of salt in an 8 oz. glass of warm water. An analgesic, such as whatever you would take for a headache, will help to increase your comfort.

Fixed Crowns or Bridges - Post Treatment Instructions

You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well and should give you years of service if you will observe the following suggestions:

CHEWING: Do not chew hard or sticky foods on the restorations for 24 hours from the time they are cemented. The cement must mature to have optimum strength.

CONTINUING CARE: Visit us at regular intervals as discussed with your doctor or hygienist. Often problems that are developing around restorations can be found at an early stage and corrected easily, while waiting for a longer time may require redoing the entire restoration. **Inadequate return for examination is the most significant reason for protheses failure.**

SENSITIVITY: Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks.

AGGRESSIVE CHEWING: Do **not** chew ice or other very hard objects. Avoid chewing very sticky "hard tacky" candy because it can remove restorations.

PROBLEMS: If one or more of the following conditions occurs, please contact us to avoid further problems:

1. A feeling of movement or looseness in the restoration.
2. Sensitivity to hot, cold, or sweet foods that doesn't disappear in a few weeks.
3. A peculiar taste from the restoration site.
4. Breakage of a piece of material from the restoration.
5. Sensitivity to pressure that doesn't disappear in a few weeks.

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.