

POST OP CARE FOR DENTAL CROWNS AND BRIDGES

Congratulations on your new dental crown! You've just undergone a procedure that will help protect and support your tooth for years to come. To make sure you heal properly and quickly, follow these post-operative instructions carefully:

While you have your temporary crown, remember to:

- Eat soft foods and avoid sticky or chewy foods, as the temporary crown may break or come off.
- Be gentle when brushing and when flossing make sure you pull the floss out the side of the tooth, and not up.
- Use a salt water rinse to reduce symptoms such as minor bleeding or swelling.
- If we have sent you home with Peridex, please rinse thoroughly with one capful after brushing.
- Should the temporary crown become dislodged, please call our office at 972-355-2222 during regular office hours, or our after hours office line at 469-496-8808 to book an appointment to have it replaced as soon as possible. Waiting too long can cause the teeth to shift and the permanent crown to fit incorrectly.

Anesthesia/ Pain Management

- After anesthesia has worn off, if your bite feels off or high please let us know. We can make adjustments to the crown so that your mouth feels normal and comfortable.
- Unfortunately, some dental procedures can be accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications (ibuprofen, Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. All medications should not exceed the recommended dosage. ***NOTE: If you are taking PLAVIX or COUMADIN, do NOT take ibuprofen or aspirin products.***
- It is not uncommon to be sore after having a temporary or permanent crown placed. Your jaw may be sore from being open for a prolonged period, or the injection site may be a bit sore. This should go away within 24-48 hours.

Foods to Drink and Eat While Numb

Drink

Water, Juice, Ice Chips, Popsicles

Eat

Applesauce, Jell-O, Pudding, Yogurt, Milkshake (no straw)

Soft Foods When Numbness is Gone

Mashed Potatoes, Pasta, Eggs, Pancakes, Creamed Cereals, Soups (be careful, not too hot), Increase Diet as Tolerated