

# Crown and/or Bridge Take Home Instructions

You made a great decision today! The information provided below will help you care for what you did today.

Crowns and bridges usually take two or three appointments to complete.

## **PROCEDURE STEPS**

1. The tooth/teeth are prepared.
2. Temporary crowns or bridges are placed to protect the teeth while your custom restoration is being made.
3. Return to the dental office to permanently cement the custom crown/bridge that the lab made for you.
4. Removal of the temporary crown/bridge
5. Permanently cement the crown/bridge.

It's normal to experience some hot, cold, and pressure sensitivity after the tooth/teeth are prepared. Your gums may be sore for several days. Rinse three times a day with warm salt water (1 tsp. of salt in a cup of warm water, rinse-swish-spit) to address any gum soreness you may have. If medication has been prescribed to you, use the medication as directed.

Anytime anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. **Avoid any chewing until the numbness has completely worn off.**

On rare occasions temporary crowns or bridge come off or break. Call us if this happens. If your temporary comes off, please keep the temporary so we can re-cement it. If your temporary breaks, we will make you a new one. It is very important for the proper fit of your final restoration that temporaries stay in place.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew on the opposite side of your mouth. It's important to continue to brush normally, but floss very carefully and remove the floss from the side to prevent removal of the temporary crown.

Please call us if your bite feels uneven or you have persistent pain. Again, you made a great decision today. Please feel free to reach out to us with any questions or concerns you may have. Our experts are here to help you!

*Remember that any tooth that has had a crown or bridge may at some point need a root canal. Symptoms may include hot or cold sensitivity, pain on pressure or biting, loose tooth, swelling or a sore on the gum near the tooth. If any of these appear, please have us check the tooth.*