

Crowns & Bridges (Preparation) – Post-Op Instructions

After Anesthesia

- Numbness may last several hours; avoid chewing until it fully wears off.
- Be careful not to bite your cheeks, lips, or tongue.

Temporary Crown/Bridge

- The temporary protects the tooth, prevents sensitivity, and keeps the tooth from shifting.
- It is cemented with **weak, temporary cement** — avoid sticky, chewy, or hard foods.
- Brush normally; when flossing, **slide the floss out** instead of popping it up.
- If the temporary comes off, place it back on if possible and call the office to have it recemented.

Sensitivity

- Sensitivity to cold or pressure is common for **2 days to 2 weeks**.
- Avoid very hot or cold foods/drinks if sensitivity occurs.
- Gum tenderness is normal; rinse with warm salt water ($\frac{1}{2}$ tsp salt in 8 oz warm water).
- Take OTC pain medication as needed.
- If symptoms worsen or the temporary feels “high,” call the office for an adjustment.

General Notes

- Follow all instructions to ensure proper healing and successful placement of the permanent crown/bridge.
- Contact your dentist if you have concerns or unusual discomfort.
- You are responsible for costs if instructions are not followed.