

## Crowns & Bridges (Seated) – Post-Op Instructions

### Adjustment Period

- It may take a few days to get used to your new crown or bridge.
- If your bite feels high or imbalanced, call your dentist for a simple adjustment.

### Home Care After Seating

- Crowns and bridges are durable, but the tooth underneath can still decay – especially at the margin.
- Resume **regular brushing and flossing immediately**.
- Daily home care, limiting sugar, and keeping your scheduled recare visits will increase the longevity of your restorations.

### Important Note About Clenching & Grinding

- New restorations are exposed to the wear and tear of **clenching and grinding**.
- Even the strongest restorations are **not immune** to these extreme forces.
- If clenching/grinding continues, it can lead to:
  - Crowns repeatedly coming off
  - Severe wear or perforation
  - Breakage
  - Tooth nerve irritation
  - Damage to the supporting bone
- These issues can significantly shorten the lifespan of **any** restoration.

### Understanding the Risk

- In some cases, new restorations may **aggravate** clenching or grinding.
- They may **change the pattern** or **accelerate the rate of damage**, sometimes faster than before.
- This affects both natural teeth and teeth supporting restorations.

### Protection

- Clenching and grinding must be **controlled or minimized**, typically with a **nightguard or NTI**.
- Ask your dentist about protective options.

### General Notes

- You will be responsible for all costs incurred if these instructions are not followed.