

## Post-Operative Instructions for Crown & Bridge

- **Temporary crown/bridge**
  - Consider providing both verbal and written instructions.
  - This is temporary, may last 30 sec to 30 days, just as the name implies.
  - Avoid hard food, as it can break the temporary crown which is weaker than a permanent crown. Avoid anything you might imagine could break a hard acrylic.
  - Avoid sticky food, as it can pull off the temporary crown which is not permanently cemented.
  - Continue with proper oral hygiene, brushing after breakfast and flossing and brushing before bed. Caution when flossing to not pull off the temporary crown, instead pull the floss out the side.
    - For bridges use a floss threader and floss (or Superfloss) to clean beneath the bridge, caution not to pull up on the temporary bridge.
  - Contact us as soon as possible if the temporary falls off or breaks for replacement. This is important because:
    - 1) The temporary protects the tooth beneath and if that tooth breaks/chips the permanent crown may not fit
    - 2) The opposing tooth and neighboring teeth can migrate before the next appointment and then the permanent crown will not fit
    - 3) The gum can start to grow over the prepared tooth and the permanent crown will not fit and the excess gum will have to be removed surgically
    - 4) You will experience tooth sensitivity to hot and cold, unless the tooth has been root canal treated
  - Do not use superglue, it's hard to get off and will require drilling the temporary off which can damage the tooth underneath.
  - Recommend OTC pain medication if needed as gums may be sore (e.g. cord packing, gingivectomy) and tooth may be sensitive from the trauma (i.e. drilling).
  - Contact us if any pain/discomfort persists or increases.
- **Permanent Crown/Bridge**
  - Do not eat anything the first hour as the cement is still setting. Be careful the first 24 hours, the way you were with the temporary crown. After 24 hours you can treat the new can handle the newly crowned tooth like you would with any other tooth when it comes to chewing and flossing.
  - Continue with proper oral hygiene, brushing after breakfast and flossing and brushing before bed.
    - Oral hygiene is especially important with crowns because the tooth can still become decayed at or below where the crown meets the tooth. For this reason, it is important to direct the toothbrush bristles towards the gumline to clean this vulnerable juncture where plaque accumulates.
      - Even though the edge of the crown feels very smooth to you and I, microscopically, the level we are talking about with the bacteria, there is a huge ledge at the crown margin that needs extra attention to be kept clean.
  - Contact us if any pain/discomfort persists or increases. A tooth can always feel a bit sensitive after cementing a crown.