



Post Operative Instructions for Crowns and Bridges

You have just gotten a crown or bridge. Here are some things to remember and what you may experience in the upcoming days and weeks.

- Remember that may still be “numb”. Please remember **not** to bite your cheek or tongue.
- If you have just had a crown or a bridge cemented, **please chew on the other side of our mouth for the first 24 hrs.** Why? Although your crown or bridges seems stuck in your mouth, it takes some cement 24 hours to completely harden. Chewing on the tooth too soon can affect the set of the cement.
- When flossing after you have had a crown or bridge **pull the floss through** instead of snapping it up and down for the first 24 hrs. Why? This can prevent pulling out the crowns or bridges out before it completely sets.
- If anesthetic was used after it wears off you may notice that your **bite is off.** It can be hard for you to judge if you are biting your teeth together correctly when you are numb. If your bite doesn't feel right **please call** so your bite can be adjusted.
- Please do not bite on hard candies or nuts because the porcelain of the crown could fracture.
- It may be necessary to protect your crown or bridge from occlusal forces with a night guard.
- You may feel soreness or sensitivity of your gums.
- You may have temperature sensitivity including both hot and cold.
- Your tooth may be sore to bite on.

How do I know if I will need a root canal?

- Here are some symptoms that you should look for:
 - When you drink or eat something **cold** and the pain **lingers** (doesn't go away right away) for several minutes.
 - **Hot sensitivity** that lasts longer than a few weeks or that begins after the tooth has had no problems for a period of time.
 - **Spontaneous or throbbing pain** that occurs anytime during the day or night