

## Post-Operative Instructions

John W. Cox, DDS and Your Family Dentist, PC team invite you to see a summary of post-op instructions. Call us or Text us at 828-893-0010, if you have any questions:

### Crown and Bridge Restoration

Following are some simple instructions for home care after the Crown and Bridge procedure.

1. Crown and bridges usually take 2 or 3 appointments to complete. On the first appointment the tooth/teeth are prepared and impressions are taken and a temporary crown is placed on your tooth/teeth to protect the teeth while the custom restoration is being made.
2. You may experience sensitivity, gum soreness and slight discomfort on the tooth/teeth, it should subside after the placement of permanent crown.
3. Whenever anesthesia is used, avoid chewing on your teeth until the numbness has worn off.
4. Temporary crown is usually made of plastic based material or soft metal. It could break if too much pressure is placed on it. The crown also may come off; if it does, save the crown and call our office. The temporary crown is placed to protect the tooth and prevent other teeth from moving. If it comes off it should be replaced. To avoid losing your temporary, avoid chewing on sticky and hard food (chewing gum, ice). Try to chew on the opposite side of the treatment as much as possible.
5. It is normal to experience some hot, cold, and pressure sensitivity after each appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (1 teaspoon of salt in a cup of warm water, rinse – swish – spit) to reduce pain and swelling. Use medication only as directed.

6. After the permanent restoration is placed you may feel slight pressure for a few days. Also, the bite may feel different for a day or two. But if the bite feels uneven or you feel discomfort on chewing on the tooth after 2-3 days call our office. Delaying the necessary adjustments may damage the tooth permanently.
7. Continue your normal brushing but be careful while flossing around the temporaries (remove the floss gently from the side).
8. If your bite feels uneven, if you have persistent pain, or if you have any questions, please call our office.

As always, we welcome your questions, comments and concerns. Should you have any please call us during normal business hours. If you feel you are having an emergency or can't wait until the office is open please proceed to an Urgent Care Facility , hospital or call 911. We appreciate the opportunity to serve your dental needs.