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### **Home Care Instructions after Crown and Bridge Work**

Remember that it will take time to adjust to the feel of your new bite. When your bite is altered or the position of your teeth is changed, it takes several days for your brain to recognize the new position of your teeth or their thickness as normal. If you detect any high spots or problems with your bite, please call our office so we can schedule an adjustment appointment.

**DISCOMFORT:** It is normal to experience some sensitivity to hot, cold or pressure after each crown and bridge appointment. Your gums may also be sore for several days. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (typically two to four over-the-counter tablets of Advil, Motrin, or generic ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

**ORAL HYGIENE:** It is important to continue to brush normally to keep the area clean. You may carefully floss a temporary crown or bridge by pulling the floss down through the contact then straight out. Do not floss up and down as usual as this may dislodge the temporary crown.

**EATING AND DRINKING:** After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. To help keep your temporary in place, avoid eating sticky and hard foods, and if possible, chew only on the opposite side of your mouth. If your bite does not feel balanced and even, please call our office.

**TEMPORARY CROWN:** Temporary crowns are in place for a short time while your permanent crown is being made. Your temporary crown protects your tooth and holds its position until your permanent crown can be cemented. Occasionally, temporary crowns come off. Call us if this happens, and keep the temporary so we can re-cement it. A tooth with an intact nerve (no root canal) may be slightly sensitive after a crown preparation has been completed. This is to be expected, and is normal.

**PERMANENT CROWN:** After your permanent crown is cemented, you can eat on it immediately. It is not uncommon for the permanent crown to be slightly sensitive to cold for a few weeks afterwards. A balanced bite is important, so be sure to inform us if you feel you have a "high" bite. It is also important to have your new crown checked regularly and cleaned at your hygiene appointments.

If your bite feels uneven, if your temporary comes off, or if you have any other questions or concerns, please call our office at 608-845-6127.