

Fixed Bridge Post Operative Instructions

POST OPERATIVE INSTRUCTIONS FOR CROWN AND BRIDGE WHILE WEARING A TEMPORARY CROWN OR BRIDGE

- It is normal for the gum around the tooth that has just been worked on to be tender for a day or two. Rinse with warm salt water several times a day for a few days if the gums are sore or tender. If the tenderness persists any longer than two days, please call the office immediately so we can check the temporary crown or bridge and correct any problem.
- If the temporary crown or bridge comes loose, please call us as soon as possible. If the temporary crown or bridge is off for even a short time, the tooth can shift position and cause the long-lasting crown or bridge to not fit well.
- Please avoid eating on the temporary crown as much as possible.
- Please carefully clean around the temporary with a toothbrush and floss every day. The long lasting crown or bridge will go in place so much easier if the gum around the tooth is healthy. When you do floss, pull the floss carefully out the side to avoid pulling the temp off.
- Try to avoid sticky foods and chewing gum on the temporary crown to avoid pulling it off.
- Slight discomfort, sensitivity and tenderness are possible after a tooth has had dental treatment, but if any of these persist for more than a day or two, please call the office right away (949-916-7800).

AFTER PERMANENT CROWN OR BRIDGE HAS BEEN CEMENTED

You have just had a crown or fixed bridge cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well and should give you years of service if you will observe the following suggestions:

- **CHEWING:** Do not chew hard foods on the restorations for 24 hour from the time they were cemented. The cement must be mature for about 24 hours to have optimum strength. Wean yourself back on to chewing, start with soft food and then increase the texture of the food over the few days – it may take up to a week before you can chew normally again with all foods.
- **SENSITIVITY:** Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks. Infrequently, sensitivity lasts longer than six weeks. Please tell us if this occurs.
- **AGGRESSIVE CHEWING:** Do not chew ice or other hard objects. Avoid chewing very sticky foods such as "hard tack" candies because they can remove restorations.
- **PREVENTIVE PROCEDURES:** To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures:
 - Brush and floss after eating and before bedtime
 - Use prescribed mouth rinse if advised by us
 - Use fluoride gel as advised by us.
- **RECALLS:** Visit us for regular six month examinations. Often, small problems that are developing around the restorations can be found at an early stage and corrected easily, but waiting for a longer time may require redoing the entire restoration. Inadequate return for examination is the most significant reason for prostheses failure. We will want your recall appointment scheduled after this procedure if not already.
- **PROBLEMS:** If any of the following conditions occur, contact us immediately to avoid further problems:
 - Movement or looseness in the restoration.

- Sensitivity to sweet foods.
- A peculiar taste from the restoration site.
- Breakage of a piece of material from the restoration.
- Sensitivity to pressure.

We have done our best to provide you with the finest quality of oral restoration available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.

PLEASE CALL THE OFFICE (949-916-7800) AT ANY TIME IF YOU HAVE ANY QUESTIONS OR CONCERNS.