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Home Instructions Following Crown and Bridge Appointments

Crowns and bridges usually take two or three appointments to complete. On the first appointment the teeth are prepared. Temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. 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.

On rare occasions temporary crowns come off. Call us if this happens, and keep the temporary so we can re-cement it. It is very important for the proper fit of your final restoration that temporaries stay in place.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. It's important to continue to brush normally, but floss very carefully and remove the floss from the side to prevent removal of the temporary crown. Dr. Lingo highly recommends using a water-flosser such as a Water-Pik®.

It's 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 (a tsp. of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. For pain and discomfort relief, barring any NSAID allergy, we recommend taking **2 Advil 200mg tablets AND 1 Extra Strength Tylenol 500mg tablet** (at the same time) every 4 hours and continue as needed.

If medication was prescribed, please use as directed.

If your bite feels uneven, if you have persistent pain, or you have any other questions or concerns, please call our office.