

Crown and Bridge Instructions

How long will I be numb?

Your lips, teeth, cheek and /or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

Is it Normal for my gums or Jaw to be sore?

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with ½ tsp. of warm saltwater can help to alleviate discomfort. Injection sites can be sore for several days after your appointment. Over-the-counter pain medications work well to alleviate the tenderness.

My bite feels off, is this Normal?

If your bite feels uneven, please call our office so we can make a quick adjustment to the temporary or final restoration. Do not assume your bite will get better after time. The tooth may become irritated and a toothache may occur, if this is not done. It may also cause an increase in temperature sensitivity with the tooth.

Is it Normal for my Tooth to be sensitive?

It is normal to experience some sensitivity to heat, cold, sweets and pressure after your appointment. It is common for this sensitivity to last several months after treatment. Usually, deeper cavities will be more sensitive. Again, make sure that your bite feels even.

What foods should I avoid with the temporary?

Avoid eating chewy and sticky foods, such as gum, taffy, licorice, etc. Also, try not to eat hard foods directly on the temporary as it may break. It is best, if possible, to chew on the opposite side from the tooth that was worked on to avoid dislodging the temporary.

Why do I need the temporary to stay on?

While the custom restoration is being made, temporaries serve to protect the teeth and to help minimize temperature sensitivity. In addition, they help to prevent movement of the adjacent and opposing teeth so that the final crown will fit properly.

What should I do if my temporary comes off?

Call us if this occurs and bring your temporary to the office so that we may recement or repair it. If it comes off during off hours or if you are out-of-town, you can purchase recementing products from the drug store and attempt to do it yourself by following the instructions.

Can I brush & floss around my temporary?

You may brush your teeth and temporary crown as usual using a soft toothbrush. Floss your temporary crown carefully. Do not pull up on the floss as this may dislodge or loosen the temporary. Instead, pull the floss out from the side of the temporary. If a temporary bridge was placed, use a floss threader to clean underneath the bridge and pull the floss out through the side or front of the temporary.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office at (256) 329-8401.

