



## **POST-OPERATIVE CARE FOR CROWNS & BRIDGES**

Today we placed your crown or bridge in your mouth. When the tooth or teeth, are placed we check your bite and the fit to be as accurate as possible. There is a “break-in” period you need to experience. The length of this period varies from person to person. Please be aware of the following:

### **CHEWING**

Please do not chew hard foods on the crowns or bridge for 24 hours from the time they were placed. The cement must mature and harden for about 24 hours to have optimum strength.

### **SENSITIVITY**

It is considered normal to have some sensitivity to temperature changes when eating. This will disappear over time. If the sensitivity lingers, please call the office and let us know.

### **REGULAR PROPHY VISITS (CLEANINGS)**

You must keep up with your home-care, ie: brushing and flossing. Your new tooth/ teeth are not safer from decay and gum disease than a tooth that is natural, without a crown. Therefore, you must also keep up with your recall appointments and have your teeth professionally cleaned at the interval determined by you and your hygienist.

### **PREVENTATIVE PROCEDURES**

To enhance the longevity of your “new” teeth, you will need to follow some simple instructions. (We need to guard against decay and gum problems.) It is very important to brush and floss after eating and prior to bedtime. An over-the-counter fluoride rinse will lessen the chance of decay attacking the tooth below the edge of the crown, by the gumline. The best time to use an over-the-counter fluoride is before bedtime.

### **AGGRESSIVE CHEWING**

Please respect your “new” teeth. The better you treat them, the better they will treat you. Hard foods can chip the porcelain just the same as it can chip the enamel of your natural teeth.

Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, you are always welcome to contact us: 847-864-8151.