

## Crown and Bridge: Post-Op Instructions

### What to Expect after a Crown or Bridge Tooth Preparation

When damages to a tooth are extensive, it should be restored with a crown, also known as a cap. Crowns can be made from metals such as gold, palladium, and titanium; or from porcelain or plastic polymers. A fixed bridge is made from two or more crowns attached together to support and fill the space created from missing or extracted teeth. During the preparation for a crown the defective structure of a tooth will be removed to make room for the crown materials. Then an accurate mold will be taken and sent to the dental laboratory to fabricate the final crown. A second appointment is required to cement the permanent crown.

#### FIRST APPOINTMENT

Crown preparation- Following the first appointment you will receive a temporary crown that is placed and cemented to the prepared tooth. Because temporary cement washes out rapidly, you may experience some sensitivity to cold and hot. Brush the area gently and when you floss, pull the floss out from the side rather than upward. The rapid upward motion may dislodge the temporary crown. **If the temporary crown/bridge comes off, call immediately, and come back to the office to get the crown either re-cemented or re-fabricated.** If you are unable to make it to the office, Fixodent (a denture adhesive) or temporary cement, may be purchased at a drugstore.

**Ibuprofen (Advil, Motrin) is very effective for dental pain. Two to four tablets may be taken four times a day for the next 3-4 days (if needed) to help control the sensitivity in this area.**

#### SECOND APPOINTMENT

Final cementation- Please do not eat or drink for 30 minutes after your new crown is cemented. Do not eat hard or sticky foods for 24 hours while the cement completely sets. Your new crown may feel tight or as if it is pushing against the teeth next to it for several hours. This discomfort will typically go away within a day or two. Many crowns fit below the gumline. Therefore, you may experience some discomfort for a few days due to the irritation of that area during the procedures.

Sensitivity, especially to hot and cold is common after a crown is cemented. This may be the results of chemical reaction between the final cement and the tooth. The sensitivity usually subsides within a week or ten days. Usually the deeper the cavity, the more sensitive the tooth will be.

**You should make an adjustment appointment if the sensitivity persists or increases, or if you have discomfort when biting or chewing.**

The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days. A correctly fabricated crown or bridge should function as comfortably as your own tooth.

Please follow prescribed oral hygiene instructions-45-degree angle brushing twice a day and flossing once a day to avoid getting a cavity or gum disease around your new crown. Having your teeth cleaned every six months and an exam and x-rays every year will help us prolong the life of your restoration.

**Flossing is especially important in preserving the health of your crown or bridge.**