



COURTSIDE *Dental*

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Post Operative Instructions - Crown and Bridge

After Crown/Bridge Preparation Appointment

- Avoid hard, chewy, or sticky foods on the temporary crown/bridge. Do not chew gum or eat sticky candy.
- If the temporary is at the front of your mouth, avoid biting into foods, like into an apple or sandwich. Cut up your food and chew only with your back teeth.
- If local anaesthetic was used for your appointment, your lips, cheek, teeth, and tongue may be numb for several hours.
- Avoid chewing/eating until the numbness has worn off to avoid biting or burning yourself.
- Brush the area as you normally would with a soft toothbrush, focusing on the gum line.
- When flossing, you must be very careful. Get the floss in between the teeth, clean in between, and then **PULL THE WHOLE PIECE OF FLOSS OUT THE SIDE**. Do not pull the floss back out as you may dislodge your temporary crown.

Temporary Crowns/Bridges

Remember, temporary crowns/bridges will feel different than your natural teeth and the permanent crown/bridge. They are a temporary measure to keep your prepped tooth from sensitivity and from any damage. It also helps keep your gum tissue from healing around the newly prepped tooth, which can be uncomfortable when the permanent crown is cemented.

- If your temporary falls off, call the office so we can get you in to re-cement it.
- If your bite feels high after the numbness wears off, please let the office know so we can adjust the temporary. If your bite is high, you may crack/break the temporary and it can also cause your tooth to hurt.
- If your temporary falls off and you are not experiencing any discomfort and/or the tooth has been root canal treated already and your crown cementation appointment is **less than 3 days away**, it is fine to leave the temporary off.
- If your temporary comes off over a weekend and you are concerned about sensitivity, you can use a tiny piece of sugar free gum inside the crown and place it back over your tooth. You can also just place it back over your tooth when you are not eating.

Discomfort

- It is normal to experience soreness at the injection site, gum tenderness, mild sensitivity to temperature and pressure, and a roughness against your tongue. These will resolve once your permanent crown is cemented.
- If needed, take whatever you usually take for pain (such as Ibuprofen or Acetaminophen) to help with the tenderness/discomfort.
- To help with any soreness around the gums of the tooth, you may use a warm salt water rinse for a few days. Rinse every 2-3 hours. To make the warm salt water, mix 1/2 teaspoon of salt with 1 cup of warm water.

Your Next Appointment

- Your next appointment will be for the cementation of the permanent crown which is typically about 10 business days (2 weeks) after the crown preparation appointment.
- This appointment typically lasts about 30 minutes.
- We do not typically use any anaesthetic during a crown cementation as it allows you to make sure that the permanent crown feels comfortable before it is cemented.
- Crown cementations are painless for more people. Some may have slight sensitivity when the temporary is removed and right before the crown is cemented.

If you are having severe pain, pain that wakes you up from your sleep, pain that last more than 3 days, or pain that is getting worse, please contact the office. Our phone number is 306-525-2577.