



Post Op Instructions for Dental Indirect Restorations (Crowns and Bridges)

Postoperative care is crucial for the success and healing of your dental crown procedure. Following these instructions will help ensure a smooth recovery and optimal results.

Avoid Chewing on the Filling

While in the temporary crown, please avoid chewing on the side of your mouth where the crown was placed.

Be Cautious with Numbness

If local anesthesia was used, be careful not to bite or chew your cheeks, lips, or tongue while they are still numb. The numbing effect should wear off within a few hours. Do not eat while the numbness is still present.

Sensitivity

It's common to experience some sensitivity to hot and cold temperatures after in the temporary crown. This sensitivity should improve within a few days or possibly until the final crown is delivered. *If it persists or worsens or wakes you up in the middle of the night, please contact the office.*

Take Pain Medication as Directed

If you experience mild discomfort after the procedure, you can take over-the-counter pain relievers as recommended by your dentist. Follow the dosage instructions carefully.

Maintain Oral Hygiene

Continue to brush and floss your teeth as usual, being gentle around the filled area. Proper oral hygiene helps prevent infection and ensures the longevity of the filling.

Avoid Sticky or Hard Foods

While in the temporary, avoid sticky or hard foods that may put excessive pressure on the temporary and potentially dislodge it.

Watch for Signs of Complications

Keep an eye out for any signs of complications, such as persistent pain, swelling, bleeding, or the filling feeling too high when biting. If you notice any of these issues, contact the office promptly.



Avoid Smoking and Alcohol

Refrain from smoking and consuming alcohol for at least 24 hours after the procedure, as these habits can slow down the healing process.

Follow-Up Appointment

Attend any follow-up appointments scheduled by your dentist to ensure that the crown is delivered in the timely fashion.

Medications

Please take all medications as directed by your dental team. If they did not recommend or prescribe any medications, over-the-counter analgesics such as Tylenol or Advil or whatever you normally take for a headache is perfectly fine. Please follow the instructions on the label and take as directed.

Inform Your Dentist of Any Problems

If you experience any problems or have concerns about the dental filling, don't hesitate to reach out to your dentist for advice and assistance.

*Remember that everyone's healing process may vary slightly, but if you follow these postoperative instructions diligently, you can help ensure a successful dental filling procedure and promote your oral health. Crowns will be a foreign material to your tooth. **As with any surgical procedure**, rehabilitation and pain management will be required. Crowns may not feel normal for up to 8 weeks. Slowly start to introduce food to the area as you feel comfortable.*

It is completely normal to experience discomfort when you bite, discomfort when you floss, sensitivity to cold, and even pain when you eat. If you experience any of these symptoms please inform your dental team, and they will verify the crowns.

Please do not hesitate to call the office if you have any issues.

Following these preoperative instructions will help ensure that you are adequately prepared for your dental extraction procedure. If you have any specific concerns or questions, please discuss them with our team before the appointment to address any worries you may have.

**Thank you and thank you for your trust.
We look forward to seeing you and restoring your beautiful teeth.**