

Home care Instruction after Crown and Bridges

Today, you or your child had a crown or bridge placed in your mouth. The crown or bridge should look natural and feel comfortable, but you may continue to have some discomfort for 2 to 3 more hours. Home care is important after crown or bridge placement, and recovery may be delayed if this is neglected.

PERMANENT CROWN OR BRIDGE

- **Immediate Care**
Avoid lip biting for the next 1-2 hours because the lips are still numb from today's procedure. Be sure to continue brushing teeth (carefully) and flossing during the healing process.
- **Pain**
Most pain occurs during the first two days. If you experience discomfort, take over-the-counter medications such as acetaminophen or ibuprofen as directed on the bottle.
- **Diet**
Now that you or your child has crowns, we ask that you or your child avoid sticky snacks and limit the use of chewing gum because both will pull the crowns off and result in an additional dental appointment to have the crowns re-cemented.
Avoid all hard/crunchy foods for the next three days. We recommend soft food instead.

Be sure to call the office if:

- You or your child's bite feels uneven, you or your child's teeth feel tight, or you or your child has difficulty flossing around the tooth.
- You or your child has persistent pain.
- You have any questions or concerns about your or your child's restored tooth.

TEMPORARY CROWN OR BRIDGE

Please note that we have placed a temporary crown or bridge in your mouth while the final restoration is being made.

- Be careful to not dislodge it.
- Brush your temporary crown or bridge as you normally do your other teeth, but avoid flossing.
- Avoid sticky foods.
- If the temporary crown or bridge should come out, try to replace it. If you cannot replace the temporary crown or bridge, please contact the office.



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