



Post-Operative Instructions (Crowns and Bridges)

What is crown and bridge preparation?

Crowns and bridges usually take two to three appointments to complete.

- At the first visit, the teeth are prepared and a temporary crown or bridge is placed with temporary cement while awaiting the final restoration.
- The temporary restoration not only protects the tooth from damage, but it also prevents it from shifting, helps the gum tissue to heal in the proper location.

What should I expect post preparation?

- Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages.
- It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure.

Are there any precautions for temporary crown or bridge?

- When a temporary restoration made out of acrylic or thin plastic has been placed on your tooth, avoid sticky or crunchy foods to avoid loosening or fracturing this restoration.
- If the bite feels “high” on the temporary restoration, please call the office to have it adjusted.

- Failure to do so can result in a toothache or fracture of the temporary restoration.
- Brush your temporary restoration daily.
- If your temporary restoration loosens, call the office to have it re-cemented.
- If you are unable to come in, a thin layer of denture adhesive paste applied inside the crown or bridge will hold it in place temporarily.

What are my post OP instructions after final restoration?

Refrain from eating until the anesthesia has worn off to prevent possible injury to your lips and cheeks.

- After the final cementation of your restoration, it may take a few days to get used to the new crown or bridge.
- If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

Home Care

- Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown.
- It is important to resume regular brushing and flossing. And proper oral hygiene to prevent any damage to the teeth and gums.
- Daily home care and decreasing your intake of sugar-containing foods and drinks will increase the longevity of your new restoration.

Who should I call for questions?

Orofacial Professionals

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