



Crowns, Veneers, Bridges Delivery Visit Post-Operative Instructions

1. Your permanent restoration(s) has/have been cemented/bonded onto your tooth/teeth. It is important to follow some simple steps to ensure the longevity of your restoration.
2. Avoid eating hard, crunchy or sticky foods on that side of your mouth for 24 hours, unless you have been instructed otherwise. This is to ensure the maximum strength of the cement has been reached before full use of the tooth.
3. Extreme care has been taken to remove all of excess cement around the tooth/teeth. However, it is not uncommon to find some residual excess cement when flossing your teeth. This is not a problem.
4. When flossing for the first 24 hours, pull the floss out thru from in between the teeth. This is to avoid moving or loosening the crown following cementation.
5. Some mild sensitivity is anticipated. Your sensitivity will vary depending on the type of dental cement used. However, the sensitivity should subside over time. If this is not the case, contact our office.
6. Just like your own tooth/teeth that were worn, broken, or otherwise damaged, permanent restorations can suffer the same fate. Avoid eating extremely hard candy or crunchy foods to minimize damage to your own teeth and your new restoration(s).
7. If your gums are sore around the tooth, doing warm salt water rinses will help the situation. Rinse 2-3 times daily, until soreness is resolved. You can prepare the warm salt water by placing 1 teaspoon of table salt to moderately warm water. Take a sip, swish for 10-15 seconds. Spit and then repeat again 'til gone.
8. While your restoration is called a "permanent" restoration, nothing is permanent. You can anticipate 5 or more years of service from the restoration before replacement is necessary. Usually restorations last quite a while, but much like your own tooth/teeth that eventually needed repair, so will your restoration(s).
9. Use fluoride if instructed to do so. This will increase the longevity of your new restoration(s) and tooth/teeth.
10. Brush and floss daily. Not cleaning the tooth/teeth will ensure a faster rate of damage.
11. Call our office if you have any other questions.