



## **Crowns, Veneers, Bridges Preparation Visit Post-Operative Instructions**

1. Your tooth/teeth have just been prepared to receive a lab-fabricated restoration. Your tooth and gums have been numbed with the use of local anesthetic. It is not uncommon to remain numb for several hours after your visit. It is important for you **not to chew gum, eat, drink hot liquids or smoke until the anesthetic is worn off** to prevent injury from accidentally biting or burning yourself.
2. Soreness may occur on the tooth, the surrounding gums, the injection site for the local anesthetic and even the jaw joints. Normally these symptoms subside with time; however, to speed up the process you can take these steps. Swish/rinse with warm, salt water 1-3 times per day. Simply dissolve 1 teaspoon of table salt in 4-6 oz of water. The water needs to be warmed up, but take care not to burn yourself! Take a sip, swish (not gurgle) for 5-10 seconds. Spit and repeat 'til done. You may also take analgesics (like Tylenol) and/or NSAID's (like Ibuprofen) if you are medically able to do so (i.e. no allergies or other medical conditions preventing you from taking a specific medication). Temperature sensitivity can range from none to mild. If you experience severe temperature sensitivity, contact our office. For sore jaw joints, avoid opening wide for a few days. Chop up your food before eating. Use ice pack if your jaws are aching. Place over the area for 1-2 minutes at a time with several minutes off to avoid skin irritation. Repeat as necessary.
3. A "temporary" restoration made out of acrylic or a thin metal has been cemented onto your tooth with "temporary" cement. Avoid sticky or crunchy foods to prevent loosening or fracturing your temporary restoration.
4. Your bite has been adjusted to be comfortable. However, once the numbness wears off you might notice your bite feels "high" or off. If so, please contact our office so that we can adjust it for you. Failure to do so can result in a toothache or fracture of the temporary.
5. If your temporary loosens, call our office to have it recemented. If you are unable to come in, or if the temporary comes off at a bad time, place a little toothpaste inside the temporary and gently place it back on the tooth as a quick fix measure.
6. On occasion, the pulp of the tooth may be damaged following your preparation visit. If such is the case a root canal therapy may become necessary. You can tell if the nerve has suffered damage if the tooth starts hurting or throbbing, or if it becomes extremely sensitive. Please contact us if this is the case.
7. Be sure to brush around your temporary. When flossing, pull the floss thru in between the teeth to avoid dislodging the temporary.
8. Your permanent crown/veneer/bridge will be ready in 2-3 weeks after your preparation visit. We will contact you to schedule your appointment. It is important to return in a timely manner otherwise your tooth/teeth may shift resulting in the restoration not fitting.
9. If you have any questions feel free to contact our office.