

## CROWN AND BRIDGE PREPARATIONS

1. Your gums and teeth may be very tender and sensitive to hot and cold after crown preparations. Thermal sensitivity to cold is normal, but a toothache type pain that persists after eating or drinking something hot, may be a sign of an abscessed tooth and you should contact our office.

2. Mix one 1/4 teaspoon salt in a 8 ounce glass of warm water and rinse gently 2 times a day for several days.

3. When brushing, use a soft bristled brush. Gently massage gums and teeth as instructed in hygiene. The healthier your gums, the better your temporaries will feel.

4. Stay away form sticky foods ( gum, taffy, caramels, etc. ) and avoid chewing ice, nuts, bones, shells, and hard candy.

5. You may floss your temporary crowns gently by sliding the floss down between the teeth where able, and then pull the floss out to side, to prevent the temporary crown from "popping off".

6. If the temporary crown should come off or loosen, please call the office to have it re-cemented. It is very important that temporary crowns stay in place while waiting for permanent crown and bridgework to be placed in the mouth. Prepared teeth not covered by temporary crowns may drift and change position in the mouth, therefore preventing the permanent crowns from fitting. You may place vaseline or a denture adhesive like Polygrip inside the temporary crown, and then gently reseal the crown or bridgework on top of your teeth, until we can re-cement your temporaries for you.

7. If the nerves of your teeth were unhealthy before treatment ,or if there was deep decay, or if you have a deep crack or split in your tooth, they may become symptomatic (sensitive to hot, cold or biting pressure) at this time. If the tooth does not settle down after the initial tenderness, please contact us. If the nerve of a tooth dies or abscesses, that tooth may require endodontic treatment and additional fees will be charged ( root canal therapy ).

9. Hot foods or beverages can be harmful to anesthetized tissues. Please avoid drinking hot coffee, etc., until the numbness wears off.



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