

RESTORATIVE

Crowns & Bridges

BEFORE YOUR APPOINTMENT

- No special preparation is needed. Eat beforehand, since you'll be numb afterward.
- Let us know if you have jaw or TMJ issues that make holding your mouth open uncomfortable.

AFTER YOUR TREATMENT

While Numb

Avoid chewing until the anesthetic fully wears off so you don't bite your cheek, lip, or tongue.

Temporary Crown Care

Avoid sticky and hard foods — gum, taffy, hard candy, crusty bread. When flossing, slide the floss out sideways rather than pulling up, so you don't dislodge it. For temporary crowns that are connected, you should be using Closys or StellaLife mouthwash, which can be found on Amazon.

Front Teeth

Do not bite directly into anything hard with your front teeth — corn on the cob, whole apples, pears, and similar foods. Cut them into pieces and chew with your back teeth instead.

If It Comes Off

Call us right away. Don't leave it out — neighboring teeth can shift and prevent the permanent crown from seating. Never glue it back yourself.

Sensitivity

Hot and cold sensitivity and tender gums for a few days are normal. Warm salt water rinses and over-the-counter ibuprofen or acetaminophen help.

Your Permanent Crown

Brush and floss it exactly like a natural tooth. If your bite feels high or uneven at any point, call us for a quick adjustment — don't wait it out.

Call Us If

Your bite feels off, sensitivity worsens rather than improves, or discomfort persists beyond a week.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.