



## **Instructions Following Crown & Bridge Treatment**

- Your gums and teeth may be very tender after multiple crown preparations.
- Mix one teaspoon of salt in an 8 oz. glass of warm water and swish. Do 2-3 times a day. Take Advil or Tylenol for any discomfort you experience. When brushing, use a soft bristled brush. Gently massage gums and teeth.
- Massage gums with your finger to stimulate tissue. The healthier your gums, the better your temporaries will feel.
- Avoid sticky foods (gum, taffy, caramels, etc.), chewing ice, nuts and hard candy.
- Floss your temporary crowns gently. Drop one end and pull the floss out to the side, so the temporary crown will not be loosened.
- If the temporary crown should come off, place a small amount of Vaseline on the inside of the temporary crown and reseat it. Then call the office as soon as possible so it can be recemented. It is very important that temporary crowns stay in place while waiting for permanent crowns to be placed.
- If the nerves of your teeth were unhealthy before treatment, they may become symptomatic at this time. If the tooth does not settle down after the initial tenderness, please contact us.
- Hot food or beverage can be harmful to anesthetized tissues. Please avoid drinking hot coffee, etc., until the numbness wears off.
- In the event of an after-hour emergency or even the need for simple reassurance about unfamiliar symptoms, please do not hesitate to call.