

# CASTILLO DENTAL CARE

## HOME CARE INSTRUCTIONS FOR

# CROWNS and BRIDGES

Refrain from eating at least 2 hours and until the anesthesia has worn off.

**Temporary:** A temporary is a crown or bridge that is placed on the prepared teeth while the permanent restoration is being made. The temporary serves a very important purpose. It protects the exposed dentin so it is not sensitive, prevents food and bacteria from collecting on the preparation, and prevents the tooth from shifting or moving, which can make seating of the permanent restoration more difficult. The temporary is placed with a cement that is designed to come off easily, so avoid chewing sticky foods such as gum or taffy. Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to pull the floss out below the contact rather than lift up on the temporary.

**If your temporary comes off between appointments, slip it back on and call our office in order to recement it for you.**

A little denture adhesive placed inside the crown can help to hold it in place in the interim.

**Sensitivity:** Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. Also, many crowns fit below the gumline. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If your gums are tender, rinse with warm salt water, dissolving  $\frac{1}{2}$  teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Advil will help to increase your comfort.

**Permanent Crown or Bridge:** After the final cementation of your permanent restoration, it may take a few days to get used to the new crown or bridge. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

**Home Care:** Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restorations.

If you have any questions or problems, please contact our office.