



## **Permanent Crown Care Instructions**

During your appointment today, we permanently cemented your new crown(s) or bridge. It may take a few days to get used to the new restoration. Your new restoration is made with the finest materials and designed to be the most natural looking restoration that we can provide you with. With the proper care and cleaning you can expect to use it for many years to come.

- Do not use the tooth to chew food for 1 hour or until normal sensation returns to the area (if the area was anesthetized). Cements set only partially while you are in the office and require at least 24 hours to achieve better physical properties.
- You may experience some minor discomfort for the first few days following your treatment. An over-the-counter pain reliever/anti-inflammatory, such as Tylenol™, Advil™, Aleve™, is recommended for patients who are able to tolerate them. If discomfort increases or lasts more than 2-3 days, please call our office.
- Your bite was carefully checked at your appointment. If you feel the bite is not correctly balanced, please call us immediately for a simple adjustment appointment. Do not overlook calling us, even if it appears that the bite is off slightly. This slight amount can make the tooth sensitive to pressure, hot, and cold, and also potentially cause pain in the neck, head, and jaw.
- Hot and cold sensitivity is possible for a few weeks and occasionally will last for several months.
- Occasionally, this sensitivity does not go away and may, in fact, get worse. This is not usually related to the cementation and bonding procedure but is a result of the extensive amount of original tooth destruction you experienced prior to the crown placement. Although the tooth may appear to be fine while the provisional (temporary) restoration is in place, the nerve may in reality be slowly dying. In this situation, the restored tooth may eventually experience nerve death. The tooth will then possibly need a root canal.
- The gingiva (gums) may also recede from the margins of the restoration, exposing metal or original tooth structure. It can take several years before it is noticed. Recession is usually a result of the normal aging process and does not indicate that the restoration is a failure. If a cosmetic problem results from the recession, however, you may want the restoration redone.
- It is possible that they may require replacement if they fracture due to extreme force or trauma the same as with natural teeth. Do not bite extremely hard objects with the teeth that have been cemented or bonded.

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 (along the gum line). We recommend professional maintenance and evaluation at least twice a year. If you have had a periodontal problem (gum disease) in the past, you should see us a minimum of three times a year. Proper care of your new crown(s) or bridge includes brushing and flossing a minimum of twice daily and regulating your intake of sugar-containing food and drinks. Proper maintenance will not only prolong the life of the restoration, but will also help to prevent problems elsewhere in your mouth.

Call us if your bite feels uneven, if you have persistent sensitivity or discomfort, or if you have any other concerns.