



## **Bridges, Crowns and Veneers Post-Operative Instructions**

These procedures can take a few appointments to complete. The first appointment prepares the teeth. Temporaries are placed to protect your teeth while your custom restoration is made.

Expect to remain numb for a few hours after your appointment.

Avoid any chewing and be aware of hot beverages until the numbness resolves. Avoid sticky, chewy, and hard foods. If possible, chew on the opposite side. You may continue to brush normally, but floss carefully and remove the floss from the side of the tooth. We recommend that you not use a Sonicare toothbrush around your temporary as this could dislodge it. You may continue use of a Waterpik.

Call us if your temporary comes off so it can be re-cemented. It is important that the temporary remain in place to ensure the proper fit of your final restoration. If you cannot come to the office, you may use a small amount of denture adhesive placed inside the temporary to hold it in place.

It is normal to have some temperature or pressure sensitivity for a few days after your appointment. Each tooth reacts differently due to the depth of the restoration or the severity of any cavities.

Your gums may be sore for a few days after your appointment. To soothe them, you may rinse your mouth with warm salt water up to three times a day (1-tsp salt mixed into 1-cup of warm water).

If you can take over-the-counter pain relievers, you may use Ibuprofen or acetaminophen for any discomfort you may experience.

We will inform you if we find evidence of advanced tooth decay or cracks during your treatment. These can transmit bacteria to the nerve of the tooth which can cause the nerve to develop an infection or die. If this occurs, you may need root canal treatment. Signs and symptoms include: persistent or throbbing pain that increases in intensity over time, severe bite sensitivity, pain that radiates to the side of the face or pain that wakes you during the night.

If you have any questions, please contact us at 704-541-9888.