

Eggert Family Dentistry

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Instructions after Crown and Bridge Therapy

After the Preparation Appointment

If you did not have a CEREC crown done, you are wearing a temporary crown or bridge. This is held on with temporary cement. Be sure to avoid sticky foods and gum so as to not pull the temporary off. Also avoid hard or crunchy foods. It is best to chew on the opposite side as much as possible.

Expect your gum tissues to be sore for a few days. It helps to rinse with warm salt water (8 oz warm water and 1 teaspoon salt) 2-3 times daily for 3-5 days. It also helps to take some over-the-counter pain medication like ibuprofen or Tylenol for both gum soreness, tooth soreness, and jaw soreness. Take that as directed in our office.

It is important to brush and floss the temporary. This will help the gum tissues heal faster. Brush with small, circular, massaging strokes along the gumline. While flossing, pull the floss out to the side if you experience a lot of resistance through the contact point of the tooth. Occasionally temporary crowns will be splinted together, or in the case of a temporary bridge, use the floss threader as directed in our office.

Temporary crowns rarely come loose, but if yours happens to do so:

- Don't panic and try to save the temporary (i.e. don't swallow it)
- Attempt to re-fit the temporary on your tooth using toothpaste to hold it in place
- Call our office right away to find a time for us to recement your temporary for you

Occasionally teeth undergoing the preparation procedure will experience inflammation in the nerve. This can happen with any tooth, but more commonly occurs in a tooth that has had a large filling or deep decay, cracking, fracture, or pain before the preparation procedure. The inflammation in the nerve tissue can become irreversible, necessitating additional procedures for the tooth. If you have any of the following signs or symptoms, call our office right away:

- Prolonged pain after cold, hot, or chewing that gets worse over time
- A dull ache that won't go away
- The need to take over-the-counter pain medicine for 5 days or more "around the clock"
- Pain that wakes you up at night
- Pain that gets worse over time instead of better
- Swelling getting worse in the gums or tissues surrounding the tooth

After the Cementation Appointment

The gum tissues and tooth may be sensitive and sore for a couple of days. Use warm salt water rinses and over-the-counter pain medicine during this time if needed. Brush and floss the new crown or bridge as you would any tooth. If you experience any of the signs or symptoms listed above describing inflammation in the nerve, please call our office right away.

If you had a CEREC crown done, your preparation and cementation occurred all in one day. The same instructions apply although there is no need to avoid sticky or crunchy foods.