



Fremont Hills Dental Centre

Crown and Bridge Post-Operative Instructions

The area worked on will remain anesthetized 2-4 hours. Follow these guidelines to care for crown and bridge work.

Managing Pain:

- Avoid carbonated beverages after treatment, since it may reduce the effect of the anesthesia.
- Avoid biting the inside of your cheek or lip.
- Use Advil or Tylenol for pain relief. Following crown and bridge work, the area worked on may be tender for several days.
- Contact the office if a severe toothache results after the procedure is done. This could be a sign of an exposed or damaged nerve that may need further work.

Caring for a Temporary Restoration:

- Eat what feels comfortable.
- Avoid chewing on the side where the work was done.
- Avoid sticky foods like toffee while wearing the temporary restoration. These foods could cause the restoration to fall out.
- Drink plenty of fluids.
- Brush the area as usual. When flossing the temporary restorative pieces (if possible), always pull the floss completely through, rather than pulling it up.
- Call the office if the temporary restoration falls off before the permanent is inserted.

Caring for a Permanent Restoration:

- Follow the same maintenance steps listed above for temporary restoration.
- Never chew sticky foods. If you do, the crown may come loose.
- Always pull the floss through the contact when flossing the area.
- Brush as usual. For bridge work, special products are recommended. Please ask our staff about these products.
- Maintain a healthy diet and practice good hygiene even after the permanent restoration is in place. This will prevent further decay to underlying areas.