

# CROWNS &

# BRIDGES



Typically, after your first appointment for crown or bridge treatment, a temporary crown/bridge is placed with temporary cement. The temporary crown/bridge protects the tooth/teeth while the custom crown/bridge is being fabricated.

With any temporary or final crown, you may experience some discomfort due to irritation of the area during the treatment procedures. You may also experience sensitivity to cold or pressure. After your new final crown/bridge is in place you may need a few days to adjust to it. If you feel the bite is not correctly balanced after 1-2 weeks, please call for an adjustment appointment.

### Do Not

Do not chew very hard things, such as ice or hard candy

Do not chew on sticky foods, it can loosen your temporary crown



# EXTRACTION



After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 to 45 minutes after extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times.

### **What If I'm In Pain? What Do I Do?**

Use pain medication only as directed. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Drink lots of fluid and eat only soft nutritious foods on the day of the extraction. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin eating normally the next day or as soon as it is comfortable.

#### Do Not (for the next 2-3 days)

1. Smoke
2. Suck through a straw
3. Rinse your mouth vigorously
4. Clean the teeth next to the extraction site



No Spitting

### **What To Expect?**

It's normal to experience some discomfort for several days after a root canal therapy appointment, especially when chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy, even if you were not experiencing any discomfort prior to treatment. This should subside within a few days (or even weeks). The tenderness is normal and is no cause for alarm.

# ROOT CANAL



The purpose of the root canal treatment is to remove diseased tissue from inside of the root and seal the root end. Depending on each case, endodontic treatment may be completed in one, two or three appointments. Once started, it is important to complete the root canal therapy.

# DEEP CLEANING



It is normal for your gums to feel slightly sore or have an "achy" feeling for the next 3 days after your scaling and root planning treatment. If local anesthesia was used to numb the area during treatment, you may feel slight stiffness in your jaw when opening after the numbness wears off. It is also normal for your teeth to be sensitive to cold and/or hot foods and liquids after the treatment.

### **What To Do At Home After Your Appointment**

- If you have a stiff jaw and/or soreness, you can take the medication prescribed or recommended by our office to relieve any discomfort.
- Rinse 3x daily for the next 7 days with warm salt water to aid the healing and reduce inflammation.

### Do Not

- Smoke (because smoke chemicals can delay the healing process)
- Eat hard foods (chips, popcorn, or seeds), spicy or hot foods for the next several days.



### Do Not

- Do not chew or attempt to eat on the side of treatment while this area is still numb.
- Do not smoke during the first 24 hours and minimize smoking during the remaining healing process
- Please avoid crunchy or hard foods which could cause the tooth without a crown to fracture.
- Eat a soft diet for at least 2 days and remember not to chew on the treated side. Avoid very hot or cold foods during the healing process.

