

Post Op Instructions: Crown Prep

Instructions

- NO hard, chewy or sticky foods. Do NOT chew gum or eat sticky candy.
- If your temporary is in the front of your mouth, avoid biting into foods. Cut your food up and chew with your back teeth.
- Brush the area normally, using a soft toothbrush. Focus on keeping the gum line clean. When flossing, pop the floss through the area, clean in between, and then **SLIDE THE WHOLE PIECE OF FLOSS OUT THE SIDE**. Do not pop the floss back out as you may dislodge your temporary crown.
- If you use a Waterpik please avoid using it around your temporary crown.

Temporary crowns

- Temporaries feel different than your natural tooth and the permanent crown. Your tongue will be curious about the temporary, but try to leave it alone.
- If your temporary falls out and you have severe cold sensitivity, call the office so we can re-cement it.
- If your temporary comes off and you do not have discomfort and your crown seat appointment is **LESS THAN 5 DAYS** away, it is okay to leave the temporary off.
- If your temporary comes off over a weekend and you're concerned about sensitivity, temporary cement is sold over the counter or you can put the temp back over your tooth when you are not eating.

Anesthetic

- When anesthetic has been used, your lips, cheek, teeth and tongue may be numb for several hours after the appointment. Lip and gum numbness may last for up to 5 hours from when the anesthetic was given.
- Avoid chewing until numbness has completely worn off to avoid biting or burning your tongue or lips.
- It is normal to be sore in the site of injection for several days.

Discomfort

- After your appointment, it is **NORMAL** to experience soreness at the injection site, gum tenderness, mild sensitivity to temperature and pressure, and a roughness against your tongue. These will resolve once your permanent crown is placed.
- You may take over the counter pain relievers (such as ibuprofen or acetaminophen) for tenderness or discomfort.
- Your gum around the tooth may be sore from the procedure for a few days. Rinse with warm salt water every 2-3 hours as needed. To make warm salt water, mix 1/2 teaspoon salt with 1 cup **WARM** water.
- Please let us know if you have severe unprovoked pain, pain that wakes you up from sleep, pain that lasts more than 3 days, or pain that is getting worse. Our office number is **970-472-0488**.

Your next appointment

- Your crown seat appointment typically lasts about 30 minutes.
- Typically, we do not use anesthetic during the crown seat appointment because this allows you to make sure that the permanent crown feels great before it is permanently placed. For most people, crown seats are painless. For some, they may have slight sensitivity when the temporary is removed and right before the crown is cemented.
- Please let us know at the beginning of your appointment if you have any questions or concerns.