

## Promenade Complete Dental Center

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### Crown and Bridge Post-Ops Instructions

- Rinse with warm salt water every 3-4 hours the first day or two. It is probable that your gums around the area we worked on will be tender. Mix ¼ to ½ teaspoon of salt with 2-4 oz of lukewarm water.
- Take Ibuprofen (Advil or Motrin), Tylenol or Aspirin for any discomfort **BEFORE** the all the numbness is gone. (Ibuprofen is the drug of choice if you are able to take it.) Some temporary gum sensitivity and generalized aching is normal and these medications will help relieve most discomfort.
- Brush the area as usual—it will not affect the temporary(s).
- Floss, but be very careful. Floss through the “contact” gently to the gums and then pull the floss out to the side, instead of bringing the floss back through to the top of the tooth.
- Chew on the opposite side of your mouth for the next two weeks. Stay away from gum or sticky foods such as caramel, jelly beans, jolly ranchers, etc. These will pull your temporary off.
- If your temporary comes off, put it back in place immediately. There usually is enough cement left in the temporary to hold it in place until the permanent crown comes in. If the temporary feels loose or there is no cement left, put a **VERY SMALL** amount of Fixodent (or other denture adhesive) inside the temporary and put it back in your mouth. This will help the crown stay in place. If it comes off within the first few days, or it still feels loose after trying the denture adhesive, please call the office so we can check it. **Do NOT cement with Dentemp.**
- If this is a front tooth, do not bite into **ANYTHING** with your front teeth. Cut everything into bite-size pieces and chew with the back teeth. This temporary is for “looks” and to protect the tooth, not chewing.
- **The temporary is very important.** It not only protects the tooth, but also holds the space so the new crown will fit.
- If you have any questions or concerns, please don't hesitate to call us.