

ASHLEY DENTAL Post Op Instructions for Crowns & Fillings

Diet and Eating:

It is recommended to refrain from eating for at least 2 hours until the anesthesia has worn off

Temporary:

A temporary is a crown or bridge that is placed on the prepared teeth while the final restoration is being made. The temporary serves a very important purpose. It protects the exposed dentin so it is not overly sensitive, prevents food and bacteria from collecting on the prepared teeth, and prevents the tooth from shifting or moving, which can make seating of the final restoration more difficult.

The temporary is placed with lightweight cement that is designed to come off easily. Avoid chewing sticky foods such as gum, caramels, etc.

Use your toothbrush to clean the temporary as you normally do your natural teeth. However, when flossing, it is best to pull the floss through the contact rather than lift up on the temporary so you don't accidentally loosen it. If your temporary comes off between appointments, slip it back on and call our office so that we can re-cement it for you. It is not a dental emergency but your tooth may be sensitivity with air or cold beverages. A little denture adhesive or temporary cement that you can purchase at CVS or Target can be placed inside the crown to hold it in place in the interim.

Sensitivity:

Sensitivity, especially to cold, is common briefly following treatment. It is normal to experience some temperature and pressure sensitivity after the appointment. The sensitivity should subside a few weeks after the placement of the final restoration. Mild pain medications or natural anti-inflammatories like Arnica Montana may also be used to alleviate any tenderness. For the first few days, avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off.

If your gums are tender, rinse with warm salt water, dissolving 1/2 teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Advil or Arnica will help to decrease your discomfort.

Final Crown or Bridge:

After the final cementation of your restoration, it may take a few days for you to get used to the new crown or bridge. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

Home Care:

Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restorations.

Post-Op Instructions for Fillings:

Your lips and tongue may be numb for several hours after filling treatments. Avoid any chewing and hot beverages until the numbness has completely worn off to avoid inadvertently biting or burning your tongue and lips.

It is normal to experience some tooth sensitivity after your appointment. Injection sites may also be sore. A mild pain medication (one tablet of Tylenol or Ibuprofen every 3-4 hours or Arnica Montana homeopathic tablets) should reduce any discomfort.

You may chew with your composite fillings as soon as the anesthetic completely wears off, since they are fully set when you leave the office.

If your bite feels uneven, you have persistent pain or if sensitivity to hot or cold increases, please contact our office