



Post-Operative Care for Final Restorations (Crowns, Bridges, Onlays, & Veneers)

First 24 Hours

- ◆ Do not eat while numb – you can bite or burn your lips, gum tissue, or cheek.
- ◆ After numbness wears off, evaluate your bite; it should feel normal and even. Check for sharp edges and call the office if you need to schedule a quick adjustment.
- ◆ Soreness at the injection site(s) and sore jaw muscles is expected; you may use over-the-counter pain relievers to help ease your discomfort.
- ◆ Keep a soft diet and try to chew food away from the area(s) treated.

What Else to Expect

- ◆ Sensitivity to temperature over the first 1-2 weeks is normal. Call the office for an appointment if you experience throbbing, pain that wakes you from sleep, or spontaneous pain.
- ◆ A “gritty” feeling on teeth and/or gums once restoration is cemented is normal and is easily removed by brushing your teeth normally.

Home Care

- ◆ You may brush and floss normally after today’s treatment.
- ◆ If you have any difficulty flossing, please call the office. Any type of obstruction stopping the floss from getting through can cause a trap for food and bacteria.
- ◆ Your gums may be sore from removing the cement. Rinse with warm salt water 3-5 times a day until the area feels and looks better. Add ½ teaspoon of table salt to 8 ounces (1 cup) of warm water and rinse.

Warranty

- ◆ Your restoration is protected against breakage as long as you visit the office for your routine maintenance such as cleanings and gum treatments as prescribed by the doctor for a period of five years. Restorations are not covered if new decay develops or it breaks from biting on items such as ice cubes, bones, pen caps, popcorn kernels, etc.
- ◆ Be sure your routine cleaning and exam appointment is scheduled. It is very important that the doctor and hygienist are able to examine and maintain your overall oral health to **PREVENT** minor issues from turning into major ones.