

NORTHWEST DENTAL CENTRE

CARE OF YOUR MOUTH AFTER CROWN OR BRIDGE PREPARATION

- Following your preparation appointment for your crown(s) and/or bridge(s) it will be necessary to have a temporary tooth/teeth placed until the final or permanent restoration is fabricated (usually taking approximately 14 days). Temporary or provisional crowns are a universal size and shape and in your front teeth will serve both cosmetically and functionally.
- While wearing your temporary crown, we advise that you avoid chewing anything hard or sticky, as doing so could either pull the temporary crown off or break it. The temporary crown/bridge is placed with weak cement so it will be easy for us to remove it prior to placement of the permanent crown. Bottom line, these temporary teeth come off easily, so avoid chewing on it if possible.
- Your gum tissues will be irritated from the procedure and the less smooth texture of the temporary crown/bridge material. It is therefore recommended that you do daily salt water rinses (1/4 tsp salt in a glass of warm water) until we can cement the final restorations in place. Please continue the rinses until the tissues have returned to normal health. It is normal for a provisional restoration to darken in color.
- Sensitivity to hot or cold is normal after the crown/bridge preparation but should not continue past the first few days, nor should it get worse. If you experience extreme pain that progressively gets worse and aches, an Extra Strength Ibuprofen taken with Extra Strength Acetaminophen together is the pain reliever of choice for dental pain. It is important to notify our team promptly as the nerve in the tooth may be irritated.
- After your permanent crown(s)/bridge(s) have been placed it may take you some time to adjust to it. If your bite does not feel right, please contact the office for an adjustment.
- Proper brushing and flossing are recommended to help you retain your final restoration. When the temporary teeth are in place you may brush over the temporary material but avoid flossing around the temporary teeth until the final restorations are in place.

**If you have any questions or concerns, experience any unusual symptoms like uncontrol-
lable pain, excessive or severe bleeding, marked fever or excessive warm swelling, or
anything that you feel is out of the ordinary, remember that we are only a phone call
away at: (403) 282-7933.**
