



Post-Operative Instructions: Crown with Temporary Restoration Placed

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

Diet and Eating

- **Avoid Eating Until Anesthetic Wears Off:** Do not eat until the anesthetic has worn off to avoid accidentally biting your lips, cheek, or tongue.
- **Avoid Sticky, Chewy, or Hard Foods:** Do not eat anything sticky, chewy, or hard, as this may pull off or break your temporary restoration. These temporary restorations are not just cosmetic; they serve as placeholders for your permanent restoration to protect your tooth from damage, help promote gum tissue healing, and prevent shifting of your tooth or the teeth around it. If your temporary restoration breaks or comes off before your next appointment, please call our office for advice or to schedule a visit.
 - **Front Teeth:** If you have a temporary restoration on your front tooth/teeth, do not bite directly into any foods. Cut up your food and chew with your back teeth.

Oral Hygiene

- **Gentle Brushing:** Be careful when brushing. Gently brush the temporary restoration manually. If you use an electric toothbrush, turn off the brush and manually brush the temporary restoration.
- **Avoid Flossing Around Temporary:** Do not floss around the temporary restoration as this can dislodge it. If you have any questions on how to floss around the temporary safely, please ask us for instructions. If you use a Waterpik or other water flossing device, avoid using it around the temporary restoration.

Sensitivity and Comfort

- **Tooth Sensitivity:** Your tooth/teeth may feel sensitive, which is normal and should subside over the next few days. If the pain is severe or you are unable to bite on the tooth after 3-4 days, please call our office for further evaluation.

Rinsing

- **Warm Salt Water Rinses:** Rinse with warm salt water to reduce gum tissue soreness. Use 1 teaspoon of salt per 1 cup of water and gently rinse 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed, use it as directed.



Medication

- **Pain Management:** To reduce pain or soreness, take Ibuprofen (Motrin or Advil) up to 400mg every 4 hours unless you are allergic or have otherwise been instructed not to take it.

When to Call Our Office

Please call our office if:

- **Temporary Restoration Issues:** If your temporary restoration breaks or comes off before your next appointment. Even if your tooth does not bother you, it is important to have the temporary in place to maintain the spacing for the permanent restoration. You can try to put the temporary back on with toothpaste or eugenol-free temporary crown cement, such as Dentemp Recap-it from Walgreens.
- **Severe Pain or Swelling:** If you experience severe pain or swelling that does not dissipate around the restoration site.
- **Biting Issues:** If after the first 2 days, you are unable to bite down on the tooth without experiencing sharp pain.
- **Allergic Reactions:** If you have an allergic reaction to any medication you have taken.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information needed for effective healing.