



Post-Operative Instructions: Crown with Final Restoration Placed Same Day

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

Cement Setting

- **Apply Pressure with Gauze:** After leaving the clinic, bite on a gauze pad with gentle pressure for 20 minutes. This helps the cement to fully set and ensures the stability of your new restoration.

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.
- **Soft Foods:** You can eat whatever feels comfortable, but for the first 24 hours, you may want to stick to soft foods as the tooth/teeth may be sore. If your restoration is on your front tooth/teeth, avoid using your teeth as tools to open bags or bottles or to bite into anything particularly hard to prevent chipping.

Sensitivity and Comfort

- **Tooth Sensitivity:** Your tooth/teeth may feel sensitive, which is normal and should subside over the next few days or weeks. If the pain is severe or you are unable to bite on the tooth/teeth after 2-3 days, please call our office for further evaluation.
- **Different Feel:** Your new crown, bridge, or veneer may feel different due to its shape, size, and texture compared to your natural tooth, which is normal. Your tongue will get accustomed to it over the next few days.

Oral Hygiene

- **Gentle Brushing and Flossing:** Be gentle when brushing and flossing for the first 24 hours as your teeth and gums may be sore. After the first 24 hours, you can resume your normal brushing and flossing routine. Good oral hygiene and regular cleanings will help increase the lifespan of all restorations in your mouth.
- **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:

- You experience severe pain or swelling that does not dissipate around the restoration site.
- After the first 2-3 days, you are unable to bite down on the tooth/teeth because your bite still feels uneven or you experience sharp pain when you bite down.
- 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.