

## **Reuss and Reuss Dental**

### **Post Operative Instructions: Crowns and Bridges**

You just had a tooth prepared for a crown. The decay and/or fracture in your tooth was cleaned out and the remaining space was filled with a composite build up material. It was then reshaped to allow enough space for a crown to fit over it. The impression we took will be sent to a dental lab where your custom crown will be fabricated. You are leaving today with a temporary crown. You can avoid complications by knowing what to expect and following these simple instructions.

**Healing:** After a tooth is prepared for a crown or bridge, your tooth may be sensitive to hot or cold for a period of time if the decay or fracture went close to the nerve. This may be normal and the nerve may just need some time to heal. If sensitivity persists or if the tooth is sensitive to biting pressure, please call our office. The temporary may just need a simple adjustment.

**Temporary Crown/Bridge:** The purpose of the temporary is to protect the prepared tooth underneath. Without a temporary, the tooth may become sensitive and it may also drift, causing the permanent crown not to fit properly. If your temporary breaks or comes off, keep it and call our office. We may be able to re-cement the temporary or remake one for you.

**Pain:** You may take an over-the-counter pain medication such as, Ibuprofen, Motrin, Advil, or whatever pain reliever you would use for a headache. If you choose to do this, it is best to take one before the anesthetic has worn off. If pain or sensitivity persists, please call our office.

**Nausea:** This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pill with a small amount of soft food, then taking the pill with a large amount of water. Staying in a reclined position also seems to settle the stomach.

**Numbness:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. After the anesthetic wears off, you may notice that your bite feels different. If you notice that you are hitting heavy on a tooth that has a temporary crown, call our office. You may need to have the bite adjusted.

**Brushing:** It is important to keep your teeth clean. You may brush normally. When flossing, floss toward the gums and then pull the floss through. By pulling the floss away from the gums, you may accidentally pull the temporary crown off.

**Diet:** Avoid eating anything hard or sticky on the temporary. Hard things may break the temporary, as it is made of plastic. Sticky foods may pull the temporary crown off. If the temporary breaks or comes off, please call our office.

**Jaw Joint Pain:** Your jaw may be sore from holding your mouth open during surgery. Massage jaw muscles gently and eat soft foods. Do not over extend opening your mouth, as it can further aggravate this area.

**Follow-Up Appointment:** You will need an appointment to be seen in our office in approximately 3-4 weeks for the cementation of the permanent crown.

**If you have any further questions or problems please call: 530-365-4581**

**[drreuss.com](http://drreuss.com)**