



Information Following Crown or Bridge Placement

- Many crowns fit below the gumline. Therefore, you may experience some discomfort for a few days due to irritation.
- Sensitivity to cold or pressure is also possible, but it is generally short-term (1-2 days). If you have lingering pain please call the office so we can evaluate it.
- If you notice any bleeding, food packing, or issues with your bite please call the office so we can evaluate it.
- You may notice some flakes of cement during the rest of the day. It adheres very strongly to the gums and teeth and is almost invisible in small amounts. The cement is harmless if you swallow some small bits of it.
- You can and should continue brushing and flossing normally.
- **Proper brushing, flossing, and regular check-ups are recommended** to help retain your final restoration. The only area that a crowned tooth can decay is at the edge of the crown at the gumline. That will not happen if you keep the tooth clean.
- You can eat on the crown immediately, but it is advised to wait with any vigorous chewing until tomorrow to allow the crown to “settle into” your bite.
- You will need to avoid any hard or very sticky foods. Hard foods (i.e. hard candies, nut shells, pits, etc.) can fracture the porcelain, and sticky foods can loosen the crown.
- If your crown comes off, you should put it back in place and immediately call the office to have it recemented. Waiting may make the crown unusable if the teeth shift, and that can happen within a matter of hours.

Hard Foods to Specifically Avoid:

Hard raw fruits and vegetables (apples, corn on the cob, carrots)

Hard rolls, tough meats (steaks, ribs, Italian beef, beef jerky), bones and fruit pits, hard chips (tortilla, Krunchers), popcorn, hard and chewy candies (taffy, caramel, jawbreakers), gum, pizza (unless cut up), granola bars (even those labeled “soft”), nuts and seeds, ice

After the final cementation of your fixed restoration, it may take a few days to get used to the new crown or bridge. If you feel the bite is not correctly balanced, call for an appointment for a simple adjustment as soon as possible to avoid making the tooth sore.