

## BRIDGES – CROWNS – VENEERS

Your tooth/teeth have just been prepared for a crown or bridge. This process has included local anesthesia, reduction of the tooth size and placement of a temporary.

Approximately two weeks is necessary to fabricate this new restoration. An appointment will be set up for its completion.

### THINGS TO EXPECT:

1. Anesthesia will last approximately 2-4 hours after the appointment.
2. Some tooth sensitivity to hot, cold or biting should be anticipated the first 4-7 days.
3. Tissue (gum) sensitivity for the first 7 days is also typical.
4. In order to promote healing, rinse 2 times daily with warm salt water (8 oz glass of warm water, 1 tsp. Of salt, then stir) or hydrogen peroxide (brown bottle – capful at a time.)
5. In order to stimulate healing, take Vitamin C tablets (200-500 mg) from 1,000-3,000 mg daily if your system can tolerate it.
6. While normal eating can be resumed on 1<sup>st</sup> day after appointment there should be, no chewing of any gum, taffy or sticky foods while wearing the temporary. These foods will stick to the temporary and may pull it off.
7. If possible, flossing of the prepared tooth is not encouraged. The floss should be placed through the contact into the gum pocket area and then pulled out the side and **not** pulled up.
8. Lastly, brushing of the area should be light for the first 4-7 days. Toothpaste placed on your finger tip and rubbed onto the gum will help keep the gum area clean. After 7 days, light, normal brushing can be resumed – NO Sonicare or electric tooth brushing is recommended while the temporary is in place.

SEE YOU AT YOUR NEXT RESERVED VISIT!!