



Crown and Bridge Home Care Instructions

Dental crowns and bridges typically require two to three appointments to complete. During the first visit, we will prepare your teeth and take molds of your mouth. Temporary crowns or bridges will be placed to protect your teeth while the custom restorations are being created. Since we will use local anesthetics, you may experience numbness in your tongue, lips, and the roof of your mouth. Please avoid eating and drinking hot beverages until the numbness has completely worn off.

Occasionally, a temporary crown may come loose. If this happens, please call our office and bring the temporary crown with you so we can re-cement it. It's crucial to keep the temporary in place, as it helps prevent other teeth from shifting and ensures the final restoration fits properly.

To keep your temporary crowns secure, avoid sticky foods (like gum) and hard foods, and try to chew on the opposite side of your mouth if possible. You should brush your teeth normally, but be careful when flossing. Avoid pulling up on the floss, as this may dislodge the temporary crown; instead, slide it out from the side.

It's normal to experience some temperature and pressure sensitivity after each appointment, but this should subside within a few weeks after receiving your final restoration. Mild pain medication can be used as directed by our office.

If your bite feels uneven, you experience persistent pain, or if you have any other questions or concerns, please call our office at (603)-352-0118.