



RIVER RANCH
DENTAL

Post-Operative Instructions for Crown Restoration

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off, if you are medically able. This will help with any swelling or pain at the injection sites where your anesthetic was administered. It will also help diminish any swelling in the nerve that may be existent (swelling often occurs in the nerve after cleaning out decay from the tooth).

Your tooth/teeth area will be a little sore around the prep area(s) for 7–10 days. The soreness will mostly be around the gum tissue.

You may experience sensitivity to hot or cold foods/beverages after treatment. Mild to moderate discomfort after dental work is common.

Try to cleanse the area by using warm salt water for the next few days.

When brushing or flossing your teeth, gently brush for the next few days. Try to avoid any vigorous stimulation on your gums. This will help the gums heal a lot quicker. When flossing the area, use the floss through, then single handed pull out method. Do not pull up through the tooth contact in the opposite direction you pulled the floss down – this will pull the temporary off of the tooth.

The personalized restoration (temporary crown) is only placed with temporary cement. Hard crunchy or sticky foods could displace or break the temporary crown and should be avoided.

If your temporary crown becomes loose or comes off, attempt to place it back on the tooth immediately. Sometimes, it will stay. Failing to replace the temporary could cause your permanent crown to not fit due to tooth movements. Please do not hesitate to call the office to have us place the temporary if you are unable.

It is best to eat soft foods and to avoid vigorous chewing around the prepared area, as the prepped tooth needs to heal.

If your bite feels uneven or you have continuous throbbing pain over the next 24 hours, please call 469-336-5015 to be seen and be further evaluated.

