

Gary N. Pointer, D.D.S., PLLC

Post-Operative Crown and Bridge Procedures

Activity: After leaving our office today, we suggest you limit your activity for an hour or two. Avoid strenuous activity and all aerobic exercise today.

Discomfort: It is normal to experience some sensitivity after a crown and bridge appointment. Your gums may also be sore for day. To reduce soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin, or generic ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen or have been advised not to use it.

Oral Hygiene: It is important to continue to brush your teeth to keep the area clean.

Eating and Drinking: After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. To help keep your temporary in place, avoid eating sticky and hard foods.

Temporary Crown: Unless you have left the office with your permanent crown in place (CEREC Crown) temporary crowns are in place for approximately 2 weeks while your permanent crown is being made in our laboratory. The temporary protects the tooth and holds the position of your gum tissue until the permanent crown can be cemented. Occasionally, temporary crowns come off. This doesn't happen very often, but if it does, please call the office immediately. Do not ignore this and do not go without your temporary.

Permanent Crown: Once placed, you can eat on your crown one hour from placement. It is not uncommon for the permanent crown to have some sensitivity for a brief time. If you are uncomfortable in any way after your permanent crown is seated, please call the office. 817-737-2531.

Important ...Non CEREC Crown procedures: If you have left the office with temporary crowns or bridge(s) in place, it is very important you return to the office when advised by Dr. Pointer and his staff so that your permanent restorations may be seated. If you do not schedule and keep your permanent crown/bridge seat appointment, there is a possibility that your permanent crown/bridge will not fit and the entire process will have to be redone at your expense.