

## Post Op Instructions

### PORCELAIN CROWNS, BRIDGES, & VENEERS

#### Temporary Restoration

You have just received a temporary restoration that will serve you for a short period of time while your final restoration is being made. This will protect the tooth and hold the tooth in position so the final restoration will fit properly.

Temporaries are not strong, they are meant to function as they sound “temporary.”

Things to expect after treatment:

- Temporaries may break or come off occasionally. If so, you may slip it back on the tooth with something like denture adhesive, or even toothpaste, or call if you need an appointment. Please do not leave the temporary out of your mouth because the teeth can shift and the final custom made restoration may not fit properly.
- Please clean around your temporary as instructed, and keep your gums healthy by brushing and flossing gently around the temporary.
- The size, shape, and color of the temporary may not resemble the final restoration. Furthermore, it may fade or change shades, especially when exposed to things like coffee, soda, red wines, etc. Candy and gum will very likely remove any given temporary, so please refrain from using them while your custom restoration is being made.
- Temporary restorations may leak saliva or food onto the tooth if left in place longer than recommended, even with proper care.
- Sensitivity to hot, cold, pressure or sweets is not uncommon.

#### Final Restoration

**Final Crown, Bridge, or Veneer:** after the final cementation of your restoration, it may take a few days to get used to the new crown, bridge, or veneer. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

**Home Care:** sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off due to the procedure.

Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restorations.

**Grinding/Clenching:** Patients who grind/clench their teeth typically have more post-op problems with any given treatment rendered. Expect more post-op sensitivity and tenderness, as well as longer, more difficult recovery period. Properly designed and fitted night guards help alleviate these problems.

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