



# Crowns and Bridges

## Post treatment Care

After your crown preparation appointment please follow a few guidelines to help you remain comfortable.

After a long visit at the dentist, many people begin to clench their teeth at night which can cause considerable discomfort to cold and biting pressure.

You may experience some tooth sensitivity after treatment. If you do, take an over the counter pain reliever one you would use for a headache .

Please feel free to contact us with any questions or concerns pertaining to your post crown and bridge treatment.

We recommend the following post treatment do's and dont's:

### Do's

Chew soft foods and avoid chewing on the side of the temporary crown

Call us, or stop in if your bite feels "off"

Take Advil or Tylenol before bed tonight and as necessary while you are wearing the temporary crown

### Don'ts

Avoid chewy, sticky or hard crunchy foods

While flossing, do not pull up - Pull the floss straight through the teeth

Do not attempt to recement the temporary with super glue

