

## After Crown and Bridge Appointments

Crowns and bridges usually take two or three appointments to complete. In the first visit, the teeth are prepared and moulds of the mouth are taken. Temporary crowns or bridges are placed to protect the teeth and restore aesthetics while the custom restoration is being made. Since the teeth will be anesthetized, the tongue, lips and roof of the mouth may be numb. Please refrain from eating or drinking hot beverages until the numbness is completely worn off.

Occasionally a temporary crown may come off. Call us if this happens and bring the temporary crown with you so we can re-cement it. It is very important for the temporary to stay in place, as it will prevent other teeth from moving and compromising the fit of your final restoration.

To keep your temporaries in place, avoid eating sticky foods, hard foods, and if possible, chew on the opposite side of your mouth. Avoid sweets, chocolates and foods or beverages high in sugar to prevent decay from starting under your temporary crowns. It is important to brush normally, but floss carefully and don't pull up on the floss which may dislodge the temporary but pull the floss out from the side of the temporary crown.

Temporary crowns are just that, temporary. If they are left on for months at a time without attention from our office, cavities can occur under them and your bite might also change.

It is normal to experience some temperature and pressure sensitivity after each appointment. The sensitivity should subside a few weeks after the placement of the final restoration. Mild pain medications may also be used as directed by our office.