RESTORATIVE TREATMENT

Post-Operative Instructions

Crowns, Bridges, & Veneers

Restoration
DENTAL STUDIO

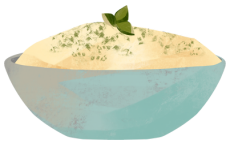
- After your visit, **soreness in the general area of treatment (including the jaw, surrounding teeth, and areas where anesthetic was administered) is normal** and should subside within 3-5 days following treatment. Numbness typically lasts for 2-4 hours following treatment, but may last longer.
- You may experience sensitivity to hot, cold, and pressure for the first 1-2 weeks. This is normal, and should subside as your tooth adjusts to the new restoration. To manage sensitivity, soreness, and/or swelling, you may take over-the-counter pain relievers as needed. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers.** For any sensitivity or irritation of gum tissue, warm salt water rinses are recommended.
- You can resume eating once the anesthetic wears off, but it is best to stick to soft foods (such as mashed potatoes, mac 'n cheese, etc.) for the first 24 hours. **Avoid hard, crunchy, spicy or sticky foods for at least 24 hours. Avoid chewing near the site of your restoration for at least 24 hours.**
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.
- **For VENEERS: Try to avoid foods and drinks that have the potential to stain your restoration (such as coffee, tea, soda, red wine, etc.) Be sure to rinse your mouth with a non-alcoholic mouthwash or brush your teeth after consuming these products.**
- It is important to continue to brush and floss your teeth as normal. For crowns and bridges, be gentle around the crown(s) for the first few days (brushing with a manual toothbrush is recommended). **When flossing, do not use floss picks for the first few days. During that period of time, floss carefully by pulling the floss out horizontally to avoid putting unnecessary pressure on the crown(s).**

You may contact our office with questions or concerns at (219) 476-3100.

Foods to eat and avoid

Eat **soft, bland foods** to avoid irritating the treatment site.

Mac 'n Cheese

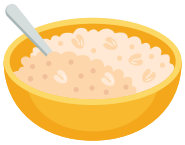


Mashed Potatoes

Jello

Applesauce

Soup



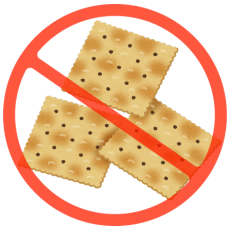
Oatmeal

Avoid hard, crunchy, spicy, or sticky foods.

Chips/hard pretzels

Hard/sticky candy

Hard bread



Crackers

Nuts

Cereal

Restoration
DENTAL STUDIO