TEMPORARY CROWN

Post-Operative Instructions

Restoration
DENTAL STUDIO

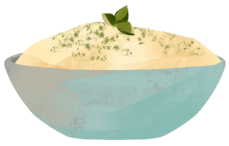
- After your visit, **soreness in the general area of treatment (including the jaw, surrounding teeth, and areas where anesthetic was administered) is normal** and should subside within 3-5 days following treatment. Numbness typically lasts for 2-4 hours following treatment, but may last longer.
- You 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 crown. 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 (as well as chewing gum) until your crown is permanently cemented.** **Avoid chewing on the side of your mouth where treatment was completed for at least 24 hours.**
- It is important to continue to brush and floss your teeth as normal. Be gentle around the crown (brushing with a manual toothbrush is recommended). **When flossing, do not use floss picks. You may floss carefully by pulling the floss out horizontally to avoid putting unnecessary pressure on the crown or pulling the crown off.**
- Don't be alarmed if your temporary crown comes off! You can use sugar-free gum or toothpaste to put it back on temporarily, but you will need to come into the office at your earliest convenience for us to recement it.
- 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.

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.

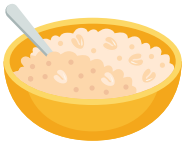
Mac 'n Cheese


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