

Patient Home Care Following a Crown or Bridge Appointment

If you have had anesthetic, please be careful not to bite your tongue or the inside of your cheeks. Avoid eating chewy foods until the numbness has worn off.

It is important that the temporary crown (or bridge) stay in place until the permanent crown is inserted. If the temporary crown becomes dislodged or feels uncomfortable, please call us so that we may see you as soon as possible. **Do not** attempt to "glue" the temporary crown back in your self, without consulting us first, or "go without it" as the teeth may become sensitive or shift slightly preventing insertion of the permanent crown.

Avoid chewing anything very hard or sticky on the temporary crown. Examples to avoid:

- Crusty, hard breads
- Sticky or hard candy
- Gum

To prevent pulling temporary crown off, avoid flossing, but do brush carefully and thoroughly. It is important to brush and keep gum tissue as clean as possible.

Remember, we are happy to see you to check the temporary crown if you have a question prior to insertion of the permanent crown, just call our office at (703) 897-0463.