



When damages to a tooth are extensive, it should be restored with a crown or also known as a cap. Crowns can be made from metals such as gold, palladium, and titanium; or from porcelain or plastic polymers. A fixed bridge is made from two or more crowns attached together to support and fill the space created from missing or extracted teeth.

### **FIRST APPOINTMENT**

Crown preparation - Following the first appointment you will receive a temporary crown that is cemented to the prepared tooth. Please follow these instructions while you are awaiting your permanent crown or bridge. Do not hesitate to call the office should you have any questions about your temporary.

1. The gum tissue around the prepared teeth may be sore for several days. You may rinse your mouth with warm salt water twice a day for 2 weeks to reduce pain and swelling. There are times when a prescription rinse may be dispensed to assist with gum tissue healing. It is important to use as directed.
2. Avoid eating sticky foods on the side of the mouth with a temporary crown.
3. Do not floss the area around your temporary crown. Should you find it necessary to do so, pop your floss in between your teeth and then pull it out on the side. Do not pop the floss back out as it can cause the loss and/or damage of your temporary crown.
4. Your temporary plays an important role in protecting your tooth and holding the space for your permanent crown or bridge.
5. Should a temporary inadvertently come off, try to place it back on the tooth, and contact the office immediately to have it re-cemented.
6. Your tooth may feel sensitive to temperature, sweets, or biting. This is normal and should subside in a few days. If this sensitivity is severe and does not dissipate, please contact the office immediately.
7. It is not uncommon to see blister (soreness) on tongue, cheek tissue due to side effects of numbing medication. While it might be uncomfortable, most of the time soreness will heal after 1-2 weeks. You can continue rinsing with warm salt water to help with the healing.

### **SECOND APPOINTMENT**

1. Please do not eat or drink for 30 minutes after your new crown is cemented.
2. Do not eat hard or sticky foods for 24 hours while the cement completely sets. Your new crown may feel tight or as if it is pushing against the teeth next to it for several hours. This discomfort will go away within a day or two.
3. Sensitivity, especially to hot and cold is common after a crown is cemented. This may be the results of chemical reaction between the final cement and the tooth. The sensitivity usually subsides within 2-3 weeks. Usually the deeper the cavity, the more sensitive the tooth will be. You should make an adjustment appointment if the sensitivity persists or increases.
4. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days. Please follow oral hygiene instructions to avoid getting a cavity or gum disease around your new crown. Flossing is especially important in preserving the health of your crown or bridge.