



POST OPERATIVE INSTRUCTIONS FOR CROWN OR BRIDGE

When having any kind of routine dental treatment, there are several important steps you can take to maximize the results of your procedure, prevent infection, and ease any discomfort you might experience. After a routine dental procedure, expect some sensitivity and/or soreness. Recommendations to do at-home include:

- 400-800mg of Ibuprofen (and any anti-inflammatory) before anesthesia wears off
- Warm salt water rinses of 2-3 times/day if gum tissue is sore
- Soft food diet, only if necessary
- If injection site is sore, follow the above instructions including cold compress

If you had a crown preparation, you will have a temporary dental crown on your tooth. The following precautions should be taken during this time:

- Avoid sticky or chewy foods (e.g. chewing gum and caramels), which have the potential of grabbing and pulling off the crown.
- Shift the bulk of your chewing to the opposite side of your mouth.
- Avoid chewing hard foods (e.g. raw vegetables), which can dislodge or break the crown.

When cleaning your teeth, slide flossing material out, rather than lifting it out. Lifting the floss out could pull off the temporary crown.

In most cases, patients can return to their normal activities the day of the procedure. If you have any additional questions about your procedure, or if you are experiencing abnormal bleeding, swelling, severe pain, or any reaction to medications, please do not hesitate to contact us.

*Thank you,
Dr. Gupta and Staff*

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