



What To Expect With Your New Crown Post-Operative Instructions

Diet:

- Refrain from eating or drinking for at least one hour after the crown is cemented to allow the cement to set properly.
- Avoid hard, crunchy, or sticky foods to ensure the cement is fully cured under the crown.
- If you are numb at the time of the insert, please refrain from eating unless the numbness wears off to avoid accidental trauma to your cheek or tongue.

Oral Hygiene:

- Continue to floss and brush your teeth gently twice a day and use a soft-bristled toothbrush.

For the first 24 hours brush carefully and do not floss to avoid disturbing the cement.

Sensitivity:

- You may experience some sensitivity to hot and cold temperatures. This is normal and should subside within a few days.
 - Using toothpaste for sensitive teeth can help.
- Cold might give your tooth a quick "zing" after eating or drinking something cold, but this sensitivity should go away as it comes. If the sensitivity is to linger longer than a few seconds, contact us. This may be indicative Endontic therapy is necessary.

Bite Adjustment:

- If your bite feels uneven or if you experience discomfort when biting down, contact your dentist. An adjustment may be necessary.

Avoid Using the Crown as a Tool:

- Do not use your teeth to open packages or bite on hard objects, as this can damage the crown.

Functionality:

- Once the crown is fully set, it should function like a natural tooth. You should be able to eat, speak, and smile confidently.

Longevity:

- With proper care, a crown can last many years. Continue with regular dental check-ups and cleanings to maintain its condition.

If you have any specific concerns or experience unusual symptoms, don't hesitate to reach out.