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## Crown and Bridge Restoration Post-Op Instructions

### What to do after:

- Do not bite or chew numb areas of the tongue, cheeks or lips.
- Call our office if your temporary should come off. If left off, your teeth can be sensitive and can shift position causing the permanent crown or bridge not to fit properly. If this should happen, and you fail to notify us and a new crown or bridge must be made, you will be charged accordingly.
- Brush your temporary just like your natural teeth.
- You can floss your temporary making sure to remove the floss to the side of the tooth towards the cheek. DO NOT use an up and down motion, this can remove the temporary.

### Eating:

- You can enjoy most all of your favorite foods while wearing your temporary. You should AVOID ANY HARD OR STICKY FOODS for the next few weeks. These types of foods can loosen, even remove your temporary.

### Follow Up Care:

- You will need a follow-up visit to cement your permanent crown or bridge in no less than 3 weeks from today. If you have not already made an appointment, please do so at your earliest convenience.