

Caring for Your Crown or Bridge

Your crown or bridge is made in two visits. At the preparation visit, the teeth are shaped and a temporary crown or bridge is placed to protect them while your final restoration is made. At the delivery visit, the final crown or bridge is cemented in place.

After Your Preparation Visit (Temporary in Place)

- If numbing medicine was used, avoid eating until the numbness wears off, and be careful not to bite your lip, cheek, or tongue.
- Your temporary is held in with cement that is meant to come off easily at your next visit, so treat it gently. Avoid sticky and chewy foods (caramel, taffy, gum) and hard foods (ice, hard candy, nuts) on that side.
- Chew on the opposite side when you can.
- Brush normally. When flossing next to the temporary, slide the floss out sideways instead of snapping it up, or skip flossing that one spot if the temporary feels loose.
- Some sensitivity to hot, cold, or pressure is normal while the temporary is in place, and the gums around the tooth may be sore for a few days. Warm salt water rinses can help.
- If the temporary comes off, save it and call our office so we can re-cement it. It protects the tooth and holds its position, so do not go without it until your delivery visit.

After Your Delivery Visit (Final Crown or Bridge)

- If numbing medicine was used, wait until it wears off before eating.
- Avoid sticky, chewy, and very hard foods for the first 24 hours while the cement fully sets. After that, eat normally.
- Mild sensitivity to hot or cold may last a few days to a few weeks and should gradually improve.
- Your bite should feel comfortable and natural. If the crown or bridge feels high or your teeth do not seem to come together correctly after a day or two, call us for a simple adjustment. Do not wait, since a high bite can cause soreness.
- Brush twice daily and floss every day. Crowned teeth can still get cavities at the gumline, and healthy gums help your restoration last.
- If you have a bridge, clean under the connected teeth daily using a floss threader, super floss, or a water flosser. We are happy to show you how.

When to Call Us

- The temporary or final crown or bridge comes off, feels loose, or cracks.
- Your bite feels high or uneven after the first couple of days.
- Sensitivity gets worse instead of better, or you have throbbing pain, swelling, or a fever.