



Instructions after Final Crown or Bridge Placement

(Home Care)

You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well, and should give you years of good service - provided you observe the following cautions:

Chewing: Do not chew hard food on the restorations for 24 hours from the time they were cemented - to attain optimum strength, the cement must mature for approximately 24 hours.

Sensitivity: Don't worry about mild sensitivity to hot or cold foods. This sensitivity will disappear gradually after a few weeks. Infrequently, sensitivity lasts longer than six weeks. Please notify us if this occurs.

Preventive Procedures: To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissues breakdown, please use the following preventative procedures.

- Brush and floss after eating and before bedtime.
- Use a fluoride rinse, swish vigorously for at least 30 seconds daily.
- Use fluoride toothpaste if prescribed by our office.
- Use a (WaterPik, a mechanical toothbrush, etc.) as advised by us.

Recalls: *The most significant reason for prosthesis failure is inadequate return for examination.* Visit us at regular examination periods determined by your dentist. Often problems that are developing around the restorations can be found at an early stage and corrected easily. Waiting for a longer time may require redoing the entire restoration.

Problems: Call us immediately if any one of these conditions occurs:

- A feeling of movement or looseness in the restoration.
- Sensitivity to sweet foods.
- A peculiar taste from the restoration site.
- Breakage of a piece of material from the restoration.
- Sensitivity to pressure.

We have done our best to provide you with the finest quality restoration available today. Only your continuing care and concern can assure long-term good dental health.