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## Crowns, Bridges & Veneers

### Post Operative Instructions

Congratulations on your new crown, bridge or veneer(s)!

Below are some tips and expectations for your new restoration(s):

- ❖ Do not chew hard or sticky foods on the restoration for 24 hours from the time it was cemented. The cement must set up during that time to have optimum strength.
- ❖ With proper care, the permanent crown should last for several years. Proper brushing, flossing and regular 6-month (minimal) cleaning are required to help you retain the final restoration. It is important to keep the tooth, at the edge of the crown near the gum line, clean so it does not decay.
- ❖ It is normal to have sensitivity to cold for 3 – 4 weeks after your appointment.
- ❖ Usually the sensitivity diminishes slowly over the 4 week period, but it is not uncommon for you to have instances 'out of the blue' for a longer period of time.
- ❖ Similarly to your temporaries, it will probably take about 4 weeks for you to become completely accustomed to your new restorations and 'forget about them'.
- ❖ Anytime there is something new in your mouth, it is typical for you to be fully aware of it. As the weeks pass, you will find you are no longer focusing on it and it will be like you've always had it.
- ❖ Your bite has been adjusted; however, because you are numb, it is often hard to bite like you normally do.
- ❖ If you notice that your bite doesn't feel right or the tooth that your new restoration is on seems sore when you bite down, call the office for an appointment to check the bite again while you are no longer numb.

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