

## Post Operative Instructions For Crown (cap)

- The anesthetic, depending on the amount and type, will take an average 2-3 hours to wear off.
- During this time, avoid eating foods that could cause you to injure your gums, tongue, lips or cheek. Eat and drink foods that are bland, soft and not extreme in temperature.
- If the doctor has not prescribed medicine for pain relief, over the counter pain medicine is recommended for the first 24 hours. Ibuprofen (Advil) is best because it is an anti-inflammatory. It is easier to prevent pain than to stop it once it starts.
- A crown covers the entire tooth for the purpose of protecting it from breaking.
- A temporary crown has been made to protect the tooth, but you may feel cold/hot temperatures (especially cold). This is normal. Please *DO NOT* chew on the temporary or it will be sensitive. Avoid eating sticky foods such as chewing gum or doughy breads and hard foods such as nuts or carrots. Chew on the opposite side.
- If your tooth remains unusually sensitive please call us. **When in doubt call!**
- Your temporary crown prevents the tooth and neighboring teeth from shifting, so we do not want you to be without it. Should the temporary crown come off, call our office so we can make an appointment for you at your earliest convenience.
- Please continue with a thorough oral hygiene regimen brushing gently. Try to avoid flossing around the prepped tooth. Warm salt water rinses (one cup warm water with one teaspoon salt) will help the healing process. The gums may look bruised or have a grayish to black hue from certain medicines that we used. *DO NOT* become concerned. This is normal. Leave the gums alone and especially do not pick around the prepped tooth.
- Take all medication as prescribed.
- Please don't hesitate to call anytime with questions about your treatment at (480) 981-0094.