

## **Post-Operative Instructions: Cementation of Crown, Bridge, or Veneer**

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

- **If possible, do NOT eat until the anesthetic has worn off** to avoid accidentally biting lips, cheek, or tongue. Alternatively, you may drink foods like smoothies or yogurts without chewing them.
- **You can eat whatever feels comfortable for you**, but for the first 24 hours you may want to keep to soft foods as the tooth/teeth may be sore. If your restoration(s) is/are on your front tooth/teeth, it is very important that you understand that these restorations are susceptible to chipping just like your natural teeth so in order to increase their longevity, it is best to not use your teeth as tools to open bags or bottles or to bite into anything particularly hard.
- **Your tooth/teeth may feel sensitive**, but this is normal and should subside over the next few days or weeks. If the pain is severe or you are unable to bite on the tooth/teeth after 2-3 days, please call our office as your tooth and restoration may need further evaluation.
- **Your new crown, bridge, or veneer may feel different**, but this is normal. Your restoration(s) may have a different shape, size and texture compared to your natural tooth but this is normal. Your tongue will get accustomed to it over the course of the next few days.
- **Be gentle when brushing and flossing for the first 24 hours**. It is normal for your teeth and gums to be sore following this procedure so brush and floss very gently around this area for the first 24 hours. After the first 24 hours, you can resume your normal brushing and flossing routine. Good oral hygiene and regular cleanings will help increase the lifespan of all restorations in your mouth.
- **Rinse with warm salt water** to reduce gum tissue soreness. It is normal for your gum tissue around the restoration to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.

- **Take medication** as instructed by the doctor. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800 mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.

Please text/call our office at (805) 543-4770 if:

- If you experience severe pain or swelling that does not dissipate around the restoration site.
- If after the first 2-3 days, you are unable to bite down on the tooth/teeth because your bite still feels uneven or you experience sharp pain when you bite down.
- If you have an allergic reaction to any medication you have taken.

