

## **Post-Operative Instructions: Crown, Bridge, or Veneer with Temporary Restoration Placed**

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 can drink anything like smoothies or yogurt drinks.
- **Do not eat anything sticky, chewy, or hard** as this may pull-off or break your temporary restoration. These temporary restorations are not just cosmetic; they serve as placeholders for your permanent restoration to protect your tooth from damage, help promote gum tissue healing, and prevent the shifting of your tooth or the teeth around it. If your temporary restoration breaks or comes off prior to your next appointment, please give our office a call so that we can advise you on how to proceed -- you may need to come in. \*If you have temporary restoration on your front tooth/teeth, it is very important that you do not bite directly into any foods with your front teeth and instead cut up your food and chew with your back teeth.
- **Be careful when brushing and do NOT floss around the temporary restoration.** Gently manually brush the temporary restoration. If you use an electric toothbrush, turn off the brush and manually brush the temporary restoration. Do not floss the restoration is possible as this can dislodge the temporary. Also, if you use a Waterpik or other water flossing device, do not use it around the temporary restoration.
- **Your tooth/teeth may feel sensitive, but this is normal** and should subside over the next few days. If the pain is severe or you are unable to bite on the tooth after 3-4 days, please call our office as your tooth and temporary may need further evaluation.
- **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 your temporary restoration breaks or comes off prior to your next appointment.
- If you experience severe pain or swelling that does not dissipate around the restoration site.
- If after the first 2 days, you are unable to bite down on the tooth without experiencing sharp pain.
- If you have an allergic reaction to any medication you have taken.

