



How to Care for Your Mouth Following Crown and Bridge Treatment

GENERAL INSTRUCTIONS

- 1 After the anesthesia wears off, you may have discomfort in the area of the TMJ (jaw joint). If you do, place a warm damp cloth in that area to help relax the muscles and stimulate blood flow.
- 2 If you have any tooth or tissue pain following the procedure, Advil or Tylenol (if you are permitted to take them) should relieve any discomfort. If you have been given a prescription medication, take as directed.
- 3 Rinse at least three times today with warm salt water (one-quarter teaspoon of salt mixed in a glass of warm water).
- 4 Remember to brush as you normally would, but floss with care. Pull floss through the contact and pull out the side. Do not pull up on the floss, for you may dislodge the temporary crown.
- 5 Do not chew hard or sticky foods (on the side of your mouth with the temporary crown). Stay away from caramels, gum, hard candy, taffy, etc.
- 6 If your temporary crown comes off, please call our office to schedule an appointment to re-cement the crown. It is vital that the temporary crown stays in place until your permanent crown is inserted.
- 7 It is not uncommon, while wearing the temporary crown, for the tooth to be sensitive to cold temperatures.
- 8 If you experience any severe discomfort, please call our office.

GENERAL INFORMATION

The proper care following treatment will hasten recovery and prevent complications. **Please don't hesitate to call us with any questions or concerns you may have: (202) 244-4111.**