

Lawrence Dental Group

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Permanent Crowns and/or Bridges

Post-Op Protocols for Your Permanent Restoration:

What should I expect after my permanent crown/bridge is cemented in place?

Once your permanent crown has been cemented in place, you will need to allow the cement to completely harden in the first 24 hours. Because of this, you must avoid chewing hard or sticky foods, as well as avoid using an electric toothbrush or flossing around your permanent crown for the first 24 hours. We will give you special flossing instruction/floss threaders needed for a bridge.

If your bite feels off with your crown, you will need to notify our office immediately. Sometimes, the dental anesthetics can make it hard to determine if your bite is even. If the anesthetic wears off and your bite feels uneven, we will need to make adjustments to the crown to keep your bite even.

When can I eat?

You can eat as soon as your mouth regains feeling. During your procedure, a local anesthetic will be used to numb your mouth and keep you comfortable. This will cause your lips, teeth, and tongue to remain numb for up to five hours after your procedure. The amount of time you will remain numb depends upon how much anesthetic was used, where it was used, and how fast your body metabolizes it. Because you can do damage to your mouth trying to eat when numb, we recommend waiting to eat until you have feeling in your mouth. Also, be sure to avoid eating chewing or hard foods in the first 24 hours following your crown/bridge placement.

How can I manage my pain?

You may experience some tooth sensitivity to temperature, sweets, or biting. This is completely normal and will usually dissipate within a few days following your procedure. If it continues beyond a few days, you will want to call our office for further instruction.

Finally, your gums may also be sore or irritated following your tooth preparation procedure. To help alleviate this discomfort, we recommend a warm salt water rinse. A warm salt water rinse is composed of one teaspoon of salt in a cup of warm water. You will want to swish this mixture around inside your mouth, over your gums, then spit.

How do I take care of my permanent crown?

To care for your permanent crown, you will need to brush your teeth twice daily for two minutes at a time, floss daily, and have regular dental checkups and professional teeth cleanings every six months (or sooner depending on tissue health). These checkups are

essential to identify possible problems with your restoration early on before they have a chance to escalate, requiring a restoration replacement.