Dr. Steven Walters ● Dr. Barjesh Bath-Walters ● Dr. Kiren Walters ● Dr. Samuel Stevens ● Dr. Alicia Irizarry
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Post-Op Instructions: Crown

Local Anesthesia

- When local anesthetic is used, the numbness usually wears off within a few hours. Avoid chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- You may experience discomfort in your gum tissue or jaw muscle where anesthetic was injected for several days.

Temporary Crowns (if applicable)

Temporaries are placed to protect your teeth and hold the tissue and adjacent teeth in place until we deliver the custom porcelain crown. Keep in mind that the proper fit of your porcelain crown relies on your temporary remaining in place.

If your temporary comes off:

- You can place the temporary back on yourself using toothpaste or temporary cement (found at the pharmacy).
- If you aren't comfortable putting it back on yourself, contact our office as soon as possible for assistance. Place the temporary in a plastic bag and keep it safe until your appointment.
- Do not bite or chew on unprotected teeth while a temporary is off.

If your temporary breaks:

- Contact our office as soon as possible for assistance.

To minimize the risk of your temporary breaking or dislodging:

- Avoid eating hard or sticky foods
- Chew on the opposite side of your mouth if possible
- Floss very carefully - insert and remove the floss from the side of your temporary to prevent it from coming loose.

Pain Management

It is normal to experience tooth sensitivity to hot, cold, and pressure after your appointment. Jaw soreness or stiffness is common after opening your mouth for an extended period. The tissue at injection site(s) and gum tissue around the prepared tooth may be swollen and tender.

Any discomfort that doesn't resolve within 2 weeks or becomes severe should be reported to our office

- You may take over-the-counter pain reliever for discomfort. Ibuprofen 600mg or Extra Strength Tylenol 500mg should be sufficient, unless you are allergic or have a medical reason that would prevent you from taking these medications. If needed, you may alternate 600mg of Ibuprofen with 500mg of Tylenol every 3 hours.
- Warm salt water rinses 2-3 times per day will help relieve soreness in the tissue. Mix 1/2 teaspoon of salt in 1 cup of warm water, swish for 30 seconds, and spit.

After Delivery of your Porcelain Crown:

- For some crowns, the cement used takes **24 hours** to fully harden. Our office may instruct you to AVOID chewing hard or sticky food, and flossing for 24 hours after your delivery appointment.
- If your bite feels uneven after 24-48 hours: Contact our office! It's important to have this adjusted as soon as possible.

Please follow these steps to ensure your porcelain crown will last you for years to come.

- ***Brush*** twice a day for at least 2 minutes. We recommend a soft-bristled electric toothbrush and non-abrasive fluoride toothpaste. Pay special attention to area where the crown meets your natural tooth (near the gumline) - this area can trap plaque and bacteria, which can lead to a cavity under your crown.
- ***Floss*** at least once a day, wrapping the floss around each tooth and moving it up and down to remove food and bacteria. Use a new section of floss for each tooth. Waterpicks are beneficial in conjunction with traditional floss.
- ***Diet***: eating hard, crunchy, or sticky foods increases the risk of the crown breaking or coming off. Porcelain is strong, but can break just like your natural teeth.
- ***Regular dental care*** is necessary to help maintain your oral and overall health. You should be seen twice a year for a dental exam and professional cleaning, or more often if directed.
- Follow all other recommendations by your dentist, such as wearing a night guard if needed.

If you have questions or concerns, please call our office at 440-777-2757.