

# Patient Instructions after a Crown Appointment

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If you have received this sheet, it is because you had a crown appointment today. Here are some instructions to make sure you take care of yourself properly.

- 1) Your tooth was numbed today and you should avoid eating or drinking hot beverages until the feeling returns (1-1.5 hrs). You can consume cold beverages. A smoothie is a great option for some nourishment. Your tooth will likely be sore for a few days due to being worked on. Your gums will be very tender for several days. You may want to consider swishing with some warm salt-water to cleanse the area.
- 2) You were here for your first appointment today. Crowns take 2 visits to complete because your crown is being made by one of the top dental laboratories in the area specifically to fit your tooth and bite. Crowns typically take about 3 weeks to be made. Your tooth has a temporary crown on it. This temporary crown is very important as it protects and covers the tooth, as well as holds the tooth's place from moving and shifting. It is called a temporary crown because it is made from a soft acrylic material, and is put on your tooth with an intentionally weak adhesive, so that it can be taken off easily when it is time to put in the final crown. Your temporary crown does not reflect the color, shape, or fit of the permanent crown, which will be much better.
- 3) Taking Care of your Temporary Crown and troubleshooting
  - a) Do not eat anything sticky or overly crunchy on these temporary crowns. A sticky food like gum or candy might pull it off the tooth. Something really crunchy like almonds might crack the material.
  - b) When flossing the tooth with the temporary crown, floss down the tooth as normal, but instead of pulling your floss UP and possibly dislodging the crown, pull your floss OUT to the side of the tooth.
  - c) *What if my temporary crown cracks or comes loose?*

If it is in tact, put some Vaseline or toothpaste inside of it and attempt to put it back onto your tooth. Then give our office a call and we will see you ASAP to put it back on. It is important to keep the temporary on your tooth to hold the tooth in place, otherwise it may shift, causing your final crown not to fit.
  - d) *My temporary crown feel "high" or "tall" and hurts or feels weird to bite down on?*

We check your bite very closely when you were here for your appointment, however when you are numb sometimes the bite isn't as accurate. You may need to come in and have us adjust a high spot on the temporary.
- 4) When you receive your final crown, we will be removing your temporary and placing the final crown with a much stronger adhesive. You will then need to wait about 1-1.5 hours before eating. You will need to care for this tooth like any other tooth, it needs to be brushed and flossed. The dental crown itself cannot get a cavity.. but there is still tooth structure where the crown ends and your tooth begins again. You can get tooth decay there if you do not care for this tooth. Crowns can last a long time with proper care. However, like any man made material, it will wear out with time and need replacement.