

Crowns or Bridges



You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well and should give you years of service if you will observe the following suggestions:

1. CHEWING: Do not chew hard foods on the restoration for 24 hours from the time they were cemented. The cement must mature for about 24 hours to have optimum strength.
2. SENSITIVITY: Do not worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks. It is rare that the sensitivity lasts longer than 6 weeks. Please tell us if this occurs.
3. AGGRESSIVE CHEWING: Do not chew ice or other hard objects. Avoid chewing very sticky foods such as “hard tack” candy because it can remove restorations.
4. PREVENTIVE PROCEDURES: To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please use the following preventative procedures that are checked:
 - ___ A. Brush and floss after eating and before bedtime.
 - ___ B. Swish vigorously for at least 30 seconds daily with one of the following fluoride rinse products: Colgate Flourigard, Johnson & Johnson ACT, or LISTERMINT with fluoride. The best time is immediately before bedtime.
 - ___ C. Use a topical fluoride toothpaste such as Prevident 5000 as advised by us (This requires a Prescription).
 - ___ D. Use bridge cleaners as advised by us.
 - ___ E. Use a Braun Oral B 3D electric toothbrush as advised by us.
5. RECALLS: Visit us at regular six-month examination periods. Often problems that are developing around the restorations can be found at an early stage and corrected easily. Waiting a longer time may require redoing the entire restoration. **INADEQUATE RETURN FOR EXAMINATION IS THE MOST SIGNIFICANT REASON FOR PROSTHESES FAILURE.** We will contact you when it is time for your Continuing Care appointment.
6. PROBLEMS: IF ANY OF THE FOLLOWING CONDITIONS OCCURS, CONTACT US IMMEDIATELY TO AVOID FURTHER PROBLEMS:
 - A. A feeling of movement or looseness in the restoration.
 - B. Sensitivity to sweet foods.
 - C. A peculiar taste from the restoration site.
 - D. Breakage of a piece of material from the restoration.
 - E. Sensitivity to pressure.

We have done our best to provide you with the finest quality oral restoration available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.

Thank you!