



Post-Op Instructions: Crowns or Bridges

You have just had a crown or fixed bridges cemented onto your teeth. They will replace your missing tooth structure and give you years of service if you adhere to the following:

Chewing: DO not not chew hard foods on the restoration site for 30 min after it was cemented in place.

Aggressive Chewing: DO NOT chew ice or other hard objects. Avoid chewing very sticky foods such as caramel or “hard tack” candy, they can remove restorations.

Sensitivity: You might experience mild sensitivity to hot or cold foods for the first few weeks but it will gradually disappear. If infrequent sensitivity lasts longer than 6 weeks, call our office immediately.

Preventive Care: To provide optimum longevity for your restoration, prevent future dental decay, and supporting tissue breakdown use the following:

Brush and Floss daily.

Swish vigorously for at least 30 seconds daily before bedtime with fluoride rinse products such as LISTERMINT with fluoride.

Use fluoride gel such as PREVIDENT if prescribed by Dr. Nielson.

Use a Water Pik.

Use Bridge cleaners

If you have any questions or concerns please call our office at (208)-529-3836.