

Post-operative Care for Provisional (Temporary) Crowns

At your first visit, you will have a provisional dental crown placed on your tooth. A few precautions should be taken:

Avoid sticky or chewy foods (e.g., chewing gum and caramels), which have the potential to grab and pull at the crown.

Shift the bulk of your chewing to the opposite side of your mouth.

Avoid chewing hard foods (e.g., raw vegetables), which can dislodge or break the crown.

When cleaning your teeth, slide flossing material out rather than lifting it out. Lifting the floss out could pull off the temporary crown.

What's safe to eat after crowns?

With a provisional crown, it is important to keep anything very sticky or crunchy away from the site. This will make sure the crown does not get pulled off or break under high force. Besides that, you may eat to your comfort level after the anesthetic is worn off — the gum and tooth may be tender in the area that the work was done, so sometimes it's helpful to stick to a softer diet for the first few days, in addition you can do warm salt water rinses to help the tissue

1/8th teaspoon salt to 8oz warm water 1-2xday for 3 days

With a permanent crown or after the seat appointment, it is best to avoid sticky things for the first 24 hours. After that, you may eat, drink, and clean your tooth just like you did before. The crown and gum may be tender or sensitive for the first few weeks while the gum is healing from the work done, but soon you shouldn't even notice that it's there.

Post-operative Care for Cerec Crowns/Onlays

You have just completed your Cerec. We hope you enjoyed the exciting new technology. Your new crown is made with the finest and one of the strongest dental materials available today, and designed to be the most natural looking restoration that we can provide, and with the proper care and cleaning you can expect to use it for many years to come.

If you received local anesthetic today, please be careful until the numbness wears off and you have full feeling back in your mouth before chewing or drinking anything hot. You may have some discomfort at the injection site or in the muscle. For the next few days an over the counter pain reliever of your choice can be taken to help with the discomfort. The discomfort is usually temporary and can last for 3-7 days. If you experience prolonged numbness or discomfort, please call our office.

Once the anesthetic wears off, please make sure your bite feels even. If the crown appears to hit first, we will need you to come in right away to adjust the bite.

If you have any questions or need further instructions please call our office at 503-243-6111