



everlastingSmile

Home Instructions for Onlays, Crowns or Bridges

After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. It is easy to bite you lip, cheek, etc. while numb and not notice... until the anesthetic has worn off. Please, avoid chewing until the numbness has worn off.

Temporary restorations and temporary cements are placed to maintain the area worked on until the ceramics are created in the lab and cemented in their place. While they look similar, they don't have the same strength as the final versions. If possible, chew on the other side of your mouth.

Please, do the following:

1. Do not chew anything as hard as an almond on the temporary.
2. Do not chew anything as sticky as gum on the temporary.
3. Brush normally, but do not floss on the sides of the temporary.
4. Treat your final onlay, crown or bridge just like the temporary for the first 2 days after it's placed.

If your gums are sore, it's helpful to rinse three times a day with warm salt water to reduce swelling. Also, it's normal to experience some hot, cold, tenderness and pressure sensitivity after each appointment. If you feel any of these and don't have any problems with Ibuprofen (ex. Advil), you should take 2-3 tablets of 200mg Ibuprofen every 4 to 6 hours for the first 2 days. Normally, your body will adjust and get gradually better from the 3rd day on.

If you take 3 tablets and still are in pain, if you don't have any problems with Acetaminophen (ex. Tylenol), we recommend an additional 2 tablets of Acetaminophen 325mg with the 3 tablets of 200mg Ibuprofen, and call our office so we can make further recommendations or have you come back in. Also, if after 5 days you are still taking 2-3 tablets of 200mg each every 4 to 6 hours because it is still painful, please call our office.

On rare occasions, temporary crowns may come off. If that happens, call us and keep the temporary so that it can be re-cemented. It's very important for the proper fit of your final restoration that the temporary stays in place.

Finally, if your bite feels uneven, if you have persistent pain, or if you have any questions or concerns... please call our office any day or night. Our machine will give you the number to our "On Call Dentist" that you can reach 24/7.

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General and Cosmetic Dentistry

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