**N. Terry Fayad, DMD**

**80 Lindall Street, Suite #9**

**Danvers, MA 01923**

**978-539-8932**

**drterryfayad@outlook.com**

**Post-Operative Instructions Following Crowns & Bridge Procedure.**

**While wearing a temporary crown or bridge:**

* You will wear temporary restorations until your permanent restoration is made.
* It is normal for the gums around the tooth to be tender for up to a week.
* If the temporary restoration comes loose, breaks or comes off, please call the office ASAP.
* Carefully clean around the restoration with a toothbrush. If you need to floss your teeth, slide the floss in between your teeth and pull the floss carefully out to the side, instead of pulling the floss upward or downward. This will avoid pulling the restoration off. In certain cases, we may advise you not to floss the area until your final restoration is delivered.
* Avoid sticky foods and chewing gum on the temporary restoration to avoid pulling it off.
* It is normal for discomfort, sensitivity and tenderness after a tooth has been treated.
* Take Advil 400 mg PLUS Tylenol every 4 to 6 hours as needed for pain.

**After the permanent restoration has been delivered:**

* **Chewing:** Do not chew hard foods on the restorations for 24 hour from the time they were cemented. The cement must mature for about 24 hours to have optimum strength.
* **Sensitivity:** Mild sensitivity to hot or cold foods is common. It is not uncommon for the permanent crown to be hot/cold sensitive. It should disappear gradually. However, if any of these become unbearable, please call the office.
* **Aggressive chewing:** Do not chew ice or other hard objects. Avoid chewing very sticky foods such as “hard tacky” candies because they can damage or loosen the restoration. Do not challenge any of your teeth with hard foods as well as crowns, bridges or any type of dental prosthesis (dentures, implants).
* Take Advil 400 mg PLUS Tylenol every 4 to 6 hours as needed for pain.