

## **Definitive Crowns & Bridges - Home Care Instructions**

Now that we've placed your definitive crown/bridge, it's important to follow these recommendations to ensure your new restorations success:

### **Chewing and Eating**

If we used an anesthetic during the procedure, avoid chewing until the numbness worn off.

To protect your crown/bridge, avoid chewing ice or other hard objects.

### **Brushing and Flossing**

Brush and floss normally. Use aids recommended by our office, like Superfloss, floss threaders, and/or proxy brushes, depending on you individual case. If your teeth are sensitive to hot, cold, or pressure, try using a desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

### **Medication and Discomfort**

Take antibiotics or other medications only as directed.

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.

### **When to Call Us**

Call our office if your bite feels uneven, you have persistent sensitivity or discomfort, or if you have any questions or concerns. (772) 286-1606