

PERMANENT CROWNS/BRIDGES

You have had a permanent crown cemented in your mouth. You have made a wise choice to restore your tooth with an esthetically pleasing crown. Here are some instructions for you:

- If anesthesia was used, please be careful for the next couple of hours to avoid eating while still numb
- If after you leave our office and you find your bite feels uneven, give us a call and we will schedule you to adjust it. You do not want to leave your bite uneven as it may cause you pain and problems
- Unlike with the temporary, you are able to floss between your permanent crown as though it was a natural tooth; if you have a bridge, please use a floss threader to remove food from underneath the bridge
- Like a natural tooth, permanent crowns can be broken. Please avoid or limit hard foods such as nuts, hard candies, and ice
- Avoid chewing on your finger nails or pens, as these may cause your crown to break
- If you grind or clench at night, ask us about making you a nightguard to protect your teeth at night, since grinding or clenching could cause the crown to chip or possibly create a hole
- It is not unusual to have some hot/cold sensitivity for a while after your crown is cemented; if this sensitivity becomes more than you can handle, or if you are having spontaneous pain or swelling, please call us at the office immediately

Call us at 727-785-4716 if you have any questions or concerns!