



POST-OPERATIVE DENTAL INSTRUCTIONS: **CROWNS**

I. INSTRUCTIONS:

- Make sure the "bite" is correct and you are not hitting too high on the treated area. All teeth should hit at the same time. If you feel there needs to be an adjustment please make an appointment immediately!
- **AVOID** eating anything too hard or very cold on the treated area for about 5 days unless otherwise instructed.
- Experiencing slight Hot and Cold sensitivity is normal and should be expected.
- In case of bleeding, place gauze over bleeding area and close mouth to bring pressure to affected area. Let the gauze remain in place with the mouth closed for at least 20 minutes. In addition change cotton gauze **EVERY** 20 minutes.
- If you are going on any long vacations or trips longer than 3 weeks, please let the doctor know as soon as possible.
- Rinse your mouth thoroughly after meals and before going to bed with **Hydrogen Peroxide & Natural Dentist Rinse** mixed with a glass of warm water.
- Brush teeth as usual. When You Flossing go **UP** and **THROUGH**. **DO NOT** pull back Down.
- Use a proxybrush between the teeth if it has been prescribed

II. AVOID THESE FOODS FOR THE FIRST 2 WEEKS:

Bagels
Ice
Pretzels

Popcorn
Nuts
Crusty Food

Taffy
Sticky Candies
Chewing Gum