



Post-Operative Instructions for Dental Crowns

1. Numbness & Anesthesia:

- If local anesthesia was used, your lips, tongue, and cheeks may remain numb for several hours.
- Avoid chewing or drinking hot beverages until the numbness wears off to prevent injury.

2. Temporary Crown Care (If Applicable):

- If a **temporary crown** was placed, be cautious when eating. Avoid **sticky, hard, or chewy foods** that may dislodge it.
- If the temporary crown comes off, **contact our office immediately** to have it re-cemented.
- Brush and floss carefully around the temporary crown—**slide the floss out instead of pulling up** to avoid loosening it.

3. Sensitivity & Discomfort:

- Some mild sensitivity to hot, cold, or pressure is normal, especially after a temporary crown is placed.
- Over-the-counter pain relievers like ibuprofen or acetaminophen can help manage discomfort.
- If sensitivity persists after the permanent crown is placed, let us know, as an adjustment may be needed.

4. Eating & Drinking:

- After the **permanent crown** is placed, wait at least **1 hour** before eating to allow the cement to fully set.
- Avoid extremely **hard, sticky, or chewy foods** for the first **24 hours** while the cement fully bonds.

5. Bite Adjustment:

- If your bite feels **uneven** or you experience discomfort while chewing, **contact our office** for an adjustment.

6. Oral Hygiene:

- Brush and floss **normally** around the permanent crown to keep the gums and tooth structure healthy.
- If you experience mild irritation around the gumline, warm saltwater rinses (½ teaspoon salt in 8 oz of water) can help.

7. When to Call the Dentist:

- **Persistent pain or sensitivity** that lasts more than a few days
- **A loose or fallen crown**
- **Biting discomfort or an uneven bite**
- **Swelling or signs of infection**

If you experience any of these issues, call our office at **[Dental Office Phone Number]** immediately.

Follow-Up Care:

- Crowns can last **10–15 years or longer** with proper care. Maintain regular dental checkups and cleanings.

Thank you for following these instructions to ensure the longevity of your crown!