



POST-OPERATIVE INSTRUCTIONS

After a CEREC Same-Day Restoration

Restorative · Cisco Dental — Dental Fitness

With CEREC, your crown, inlay, or onlay was designed and milled in-office and bonded the same day — no temporary, no second visit. Because it is bonded ceramic, it is strong immediately, with just a short settling-in.

Right after your visit

- Wait for full numbness to wear off before eating so you don't bite your cheek or tongue.
- Once feeling returns you may chew on it — the bond is fully cured — but easing into firmer foods for the first day is sensible.

Sensitivity & bite

- Brief sensitivity to cold or pressure for a few days is normal and typically fades quickly.
- If the bite feels high or 'off' after the numbness fully clears, call us for a fast, painless adjustment.

Everyday care

- Brush and clean between your teeth normally — care for it exactly like a natural tooth.
- Avoid chewing ice or very hard objects, which can chip even strong ceramic.

When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)