



POST-OPERATIVE INSTRUCTIONS

After a Crown or Bridge

Restorative · Cisco Dental — Dental Fitness

Restoring a tooth with a crown, or replacing missing teeth with a bridge, rebuilds strength and function. If a temporary was placed while your final restoration is made, protecting it until you return is the key.

Caring for a temporary crown/bridge

- Temporaries are held with gentle cement so we can remove them easily at your next visit — treat them kindly.
- Avoid sticky foods (gum, caramel, taffy) and hard foods (ice, nuts, hard candy) that can loosen or break a temporary.
- When cleaning between the teeth, pull the floss out sideways rather than snapping it up, so you don't lift the temporary off.
- If a temporary comes off, save it and call (254) 442-2000 — it usually re-cements quickly and keeps the tooth from shifting.

Sensitivity & comfort

- Some sensitivity to temperature and pressure is normal for a few days after either the temporary or the final restoration is placed.
- An over-the-counter anti-inflammatory such as ibuprofen, taken as labeled, is usually all that's needed.

After the final crown or bridge is cemented

- You may eat normally once any numbness is gone, though we suggest easing into harder foods over the first day.
- If your bite feels high or uneven after the numbness wears off, call us for a quick adjustment.
- Clean a bridge daily underneath the replacement tooth using a floss threader or water flosser — we will show you how; this is what makes a bridge last.



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)