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Crown and Bridge Prep Post-Op Instructions

- Be gentle when eating until permanent restoration is delivered. Avoid eating anything sticky or hard.
- If you required anesthesia, avoid eating until your mouth is no longer numb.
- Contact our dental office if your bite feels uneven. Schedule an adjustment to avoid unnecessary pain or discomfort.
 - Even a slight or minor unevenness can cause pain or discomfort if not addressed immediately.
- Floss your permanent crown as you would your natural tooth.
- Use a floss threader to remove food, etc from beneath your dental bridge. Carefully eat hard food such as nuts, candies, and ice to avoid breaking or damaging your permanent crown.
- Avoid chewing on anything that could potentially break or damage your crown.
- Consider the use of a night guard if you clench or grind your teeth at night during sleep.
 - Schedule a consultation to discuss your options.
- Expect some hot/cold sensitivity following your crown procedure for up to a day or two.

Contact our office if you experience extended sensitivity pain or if swelling occurs.