

Post Op Instructions for Crowns and Fillings

Anesthetic

When anesthetic has been used your lips, cheek, teeth, and tongue may be numb for several hours after the appointment.

Avoid chewing until numbness has completely worn off to avoid biting or burning your tongue or lips.

Discomfort

After your appointment, it is NORMAL to experience soreness at the injection site, gum tenderness, mild sensitivity to temperature, especially cold, and pressure. Usually the deeper the cavity, the more sensitive the tooth may be.

You may take over the counter pain relievers (such as ibuprofen or acetaminophen) for tenderness or discomfort.

Your gum around the tooth may be sore from the procedure for a few days. Rinse with warm salt water every 2-3 hours as needed. To make warm salt water, mix ½ teaspoon salt with 1 cup WARM water.

Please let us know if you have severe unprovoked pain, pain that wakes you up from sleep, pain that lasts more than 3 days, or pain that is getting worse.

If the sensitivity persists or increases, you may need an adjustment appointment. Office number is 503-362-3719.

Home Care

Although crowns and bridges are extremely durable, THE UNDERLYING TOOTH IS STILL VULNERABLE TO DECAY, especially at the interface between the tooth and crown. It is important to resume regular brushing and flossing immediately. Daily home care and reducing your intake of acidic food and drink will increase the longevity of your new restoration. Having your teeth cleaned at a regular interval and an exam and x-rays will help prolong the life of your restoration.