



North Mountain Dentistry

1550 E Maryland Ave Suite #2, Phoenix, AZ 85014

(602) 285-9979

www.northmountaindentistry.com

Powered by Dental Intelligence

POST-OP BRIDGE

| DOB:

Post-Operative Care Instructions

Bridges usually take a couple of appointments to complete. The teeth are prepared during your first appointment while temporary crowns or bridges are placed to provide protection to your teeth. These temporary restorations will be just that, a protective plastic cap to cover the "preparation" while your **custom** restoration is being made.

Anesthetic

It is normal for you to feel numbness on your lips, teeth, and tongue for several hours when anesthetic has been applied. It is suggested to not chew until the numbness has is completely gone.

Temporary Crowns

- There are times when temporary crowns/bridges come off. Please call us when this happens, and keep the temporary so we can re-cement it. Keep in mind that the proper fit of your final restoration relies on your temporary remaining in place until the final cementation.
- If your temporary comes off, you may try to gently place the crown/bridge back into place and see if it remains secure. If so, please continue with your post-operative care as directed and contact us if it becomes loose again. A small amount of vaseline can be placed inside the temporary before you try it back in to add an extra "suction" to lock it into position.
- If the temporary does not slide back into place properly - call our office to schedule a follow-up appointment as soon as possible.

Sensitivity

- Hot, cold, and pressure sensitivity are all normal. You may also experience gum soreness for a few days. Just rinse three times a day with warm salt water (a tsp. of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling.
- If discomfort persists, you can also use OTC medication as directed.

Home Care

- Avoid eating sticky foods (gum, taffy, caramel) and hard foods to help keep your temporary in place.
- Chew only on the opposite side of your mouth.
- Brush your teeth like normal starting the night of your procedure.
- **Floss very carefully** - insert and remove the floss from the side of your temporary crown/bridge to prevent the temporary crown from coming loose.

If you are experiencing symptoms not listed above or persistent pain that cannot be controlled with OTC medication, please call our office (602) 285-9979 immediately.

Patient's signature:

Date:

Doctor's signature:

Date: