



## Crown & Bridge Post-Operative Instructions

1. You must expect some gum tenderness around the temporary crown for 1 or 2 days. You may also have some discoloration of the gum tissue, this is normal.
2. You may choose to soothe the gums using warm salt water rinses.
  - 1 tsp salt mixed with 8oz warm water
  - Hold in area until warmth goes out and spit out
  - Repeat as many times as needed
3. Gently brush temporary and gums inside and outside in spite of tenderness. Teeth and gums will heal quicker and feel better if kept clean.
4. Avoid flossing around temporary. If it is necessary to floss, pull floss out the side; do not pull up with floss as this may cause the temporary to come off.
5. Avoid chewing anything hard or sticky on the temporary. (e.g., gum, taffy, caramels, or hard candy). If possible, chew on the opposite side.
6. The temporary is put on with temporary glue. If it should come off, rinse mouth and temporary thoroughly. Put crown back on using the temporary glue attached to these instructions. The temporary crown will only go on one direction. A mirror can be used to help aid in this procedure. The remaining glue is antibacterial and will protect the tooth. You may also call for an appointment to have the temporary re-cemented and placed.
7. Rinse with Listerine® two times daily until your permanent crown is placed.

### To use extra glue provided if needed:

Supplies required: paper, toothpick, magic marker, scissors and mirror.

**To Start:** place the temporary in position in your mouth; on your cheek side, place a mark with the marker indicating where in your mouth and the direction the temporary is facing. Remove temporary and gently dry inside with tissue.

**To Place:** cut along the dotted line; squeeze entire contents onto a piece of paper; mix thoroughly with a toothpick. Place small amount of glue around inside edge of crown. Place in mouth with the mark you made facing the proper direction. If any excess on gums or between teeth remove after 3 minutes gently by brushing.

If you have a dental emergency or have questions about your treatment, please call **406-656-6100**

Post-Operative Instructions are also available on our website at [www.BrewerDentalCenter.com](http://www.BrewerDentalCenter.com).