



legacy smiles

Excellence Is Our Only Standard!

CROWN & BRIDGE POST-OP INSTRUCTIONS

- 1) You may expect some gum tenderness around the temporary crown for about 7 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 rinse.
 - a. 1 tsp salt mixed with 8oz warm water
 - i. Hold in area until warmth goes out and spit out.
 - ii. 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) It is necessary to floss or Waterpik, 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. (i.e. gum, taffy, caramels, or hard candy).
- 6) The temporary is put on with weak glue. If it should come off, rinse mouth and clean temporary thoroughly. Please call our office to have the temporary recemented and placed.



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