

Post Operative Instructions after a Crown

What should I expect after my permanent crown is cemented in place?

Once your permanent crown has been cemented in place, you will need to allow the cement to completely harden for the first 24 hours. Because of this, you must avoid chewing hard or sticky foods, or flossing around your permanent crown for the first 24 hours. In addition, you may also notice small pieces of excess bonding material around your new crown. Most of these pieces will eventually fall off while brushing, however if you feel anything sharp, please call the office.

When can I eat?

You can eat as soon as your mouth regains feeling. During your procedure, a local anesthetic will be used to numb your mouth and keep you comfortable. This will cause your lips, teeth, and tongue to remain numb for up to five hours after your procedure. The amount of time you will remain numb depends upon how much anesthetic was used, where it was used, and how fast your body metabolizes it. Because you can injure yourself trying to eat when numb, we recommend waiting to eat until you have feeling in your mouth.

How can I manage my pain?

Before your anesthetic wears off completely, we recommend taking either 1-2 tablets of ibuprofen or Tylenol every 4-6 hours as needed. This will help manage your pain when the anesthetic wears off. Once the anesthetic wears off, you can continue this routine to manage your pain.

In addition to general tooth pain, you may also experience some tooth sensitivity to temperature, sweets, or biting. This is completely normal and will usually dissipate within a few days following your procedure. If it continues beyond a few days, you will want to call our office for further instructions.

Finally, your gums may also be sore or irritated following your tooth preparation procedure. To help alleviate this discomfort, we recommend a warm saltwater rinse. A warm saltwater rinse is composed of one teaspoon of salt in a cup of warm water. You will want to swish this mixture around inside your mouth, over your gums, then spit.