

Dentistry at Windermere

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Post Operative Instructions for Crown or Bridge

Congratulations! You now have your final restoration which is permanent. Please remember that your new crown or bridge, as well as the rest of your natural teeth, need regular maintenance with your doctor and hygienist. This is the only way to keep them healthy.

Routine cleaning and maintenance appointments are recommended every 3 to 6 months, depending on the condition of your gums. Please make an appointment if you have not already done so.

- Your gums may have become sore during this procedure. Please rinse with warm salt water a few times daily. Flossing is very important to help heal the area. Even if it is sore, please attempt to floss daily, as this will help it to heal.
- Bridges need floss threaders. Threaders allow you to floss below the bridge properly. We will show you how to use them at your final appointment. Threaders may be purchased at any drug store.
- If a permanent crown or bridge feels “high” or like you are hitting that tooth first, please call the office to have it adjusted. This restoration WILL NOT adjust itself like a temporary might. Without correction, you will have a toothache or a sore jaw.
- Avoid chewing sticky, chewy foods or chewing gum for 24 hours.