

At Home Care For Fillings or Crowns

Your follow up appointment is: _____ Office Phone: 469 353 6964

Pain

Your teeth have been prepared for a filling or a crown. This means some to significant tooth structure was removed to facilitate the procedure. It is common to have some sensitivity to chewing, cold and hot foods for the first few weeks following the procedure. Pain is subjective and it is possible normal pain can feel extreme. Do not be alarmed. If you can bare the feeling give it 3 days to see if the feeling goes down. If you have any questions or concerns about the level of pain you are feeling please contact our office.

You may also feel some tenderness around the gums where the procedure took place. It is possible to feel sore if you were given local anesthesia (numbing medication). This should subside within the next week.

Diet

For fillings please eat all normal foods, do not worry as there is no time limit to wait before you eat your normal diet.

For temporary crowns and bridges, please do not eat any hard foods and sticky foods until your permanent crown is restored in your mouth.

For permanent crowns or bridges please allow 24 hours of soft foods to give the glue/cement a chance to fully harden. After that you may return to your normal diet.

Bite

When creating your new bite from a filling or a crown, it is possible to have "high" spots when you bite. These spots if they do not go away after a few days may constantly feel like something is on your tooth causing a "funny" bite. Please do not hesitate to come in for a re-evaluation after 3 days if you think this is a problem.

Temporary fell off

If your temporary falls off immediately call our office. Do not let the temporary stay off your tooth. It is protecting the inside lining of your tooth from bacteria.

Hygiene

For temporary crowns please Brush normally, but be careful flossing in the area of the crown.