

## **POST-OPERATIVE INSTRUCTIONS CARE FOLLOWING PERMANENT CEMENTATION OF CROWNS/BRIDGES/ONLAYS/INLAYS**

*There are usually very few post-operative cementation problems.*

**SENSITIVITY:** Occasionally there may be some passing sensitivity after the cementation process that could last from several days to several months. This is not unusual and may relate in part to the cementation procedure or the amount of tooth that was removed during the preparation for the restoration. It may also be related to the occlusion (bite). If you were anesthetized for the procedure, then it is possible that you were not sufficiently aware of the proper position of your anesthetized jaw when it was in contact with the opposing tooth (which is not uncommon). When this happens it becomes very difficult and may be impossible to adjust the restoration into its proper position at that time. When the anesthesia wears off, you might then notice that the bite does not feel correct –it is “high” or contacts the opposing teeth too soon. This may cause the nerve in the tooth to become irritated and sensitive to hot or cold stimulation. Adjusting the “bite” will usually help this problem. Sometimes the sensitivity does not go away and may in fact get worse. This is not usually related to the procedure but it is a result of the extensive amount of original tooth destruction from decay. Although the tooth may appear to be fine while the temporary restoration is in place, the nerve may, in reality, be slowly dying. In this situation, the restored tooth may experience nerve death and the tooth would need endodontic (root canal) treatment. The need for this may show up days or years after the crown is cemented.

**SHORT TERM AFTERCARE:** After the cementation, it is advised to wait at least 1 hour to use the tooth to chew food, or after the anesthesia wears off in the area, whichever comes first. The cement sets partially while you are in the office, but requires at least 24 hours to achieve better physical properties. (No gum chewing, no taffy, do not bite on nuts or bagels for 24 hours.) It is ok to brush and floss teeth normally after cementation of the permanent restoration. It is very important to continue your oral health habits and to return for your normal preventative maintenance appointments with the hygienist and recall exams with the dentist in intervals of normally 6 months. You may also rinse daily with mouth rinse containing fluoride. Follow the instructions on the label. Regular use of topical fluoride has been shown to reduce the incidence of some dental problems.

**LONG TERM AFTERCARE:** You should receive several years of service from these restorations. We have used the best information, procedures, and materials available in their fabrication. It is possible that they may require replacement if they fracture due to extreme force or trauma (the same is to be expected with natural teeth). The gums may also recede from the margins of the restoration, exposing metal or original tooth structure. This usually takes years and is a result of the normal aging process. In this office, we guarantee your new work for 5 years from the delivery date, against recurrent decay, chipping or fractures of the porcelain. This will be honored as long as a patient does not miss any re-care visits.