Bard J. Levey, D.D.S., PLLC

CROWN AND BRIDGE POST OPERATIVE INSTRUCTIONS

Dental anesthetics typically last about 3 hours on average.

If you choose to eat while you are still numb, take great care not to bite your cheek, lip, tongue. ***CHEW SLOWLY AND CAREFULLY UNTIL ALL EFFECTS OF THE LOCAL ANESTHETIC HAVE WORN OFF***. Also avoid hot liquids until the anesthetic has worn off to avoid the potential to burn yourself.

We have adjusted your bite to feel comfortable/normal. It is vitally important that your bite feels normal when the anesthetic wears off. This means that the new temporary or filling should ***NOT HIT TOO SOON OR TOO HARD. IT SHOULD HIT EVENLY WITH THE REST OF YOUR TEETH***. If your bite does not feel normal after the anesthetic has worn off (meaning that it hits too soon or too hard), please call the office for a very quick and easy adjustment appointment (3 minutes, no anesthetic).

By "not normal" we mean that if you feel like the temporary or fillings hits even a hair too soon or too hard, you must come back to have it adjusted. If the bite is off and you don't return for adjustment, it can create inflammation around the tooth mimicking a toothache (tender, sore, sensitive to hot/cold, etc.). The longer you wait for the adjustment, the longer it will take for the inflammation to subside. The excessive force can also break the temporary crown requiring remake.

Use advil/tylenol as needed (see dosing recommendations document).

Saltwater rinses are also soothing to the gum tissue. Mix 1 teaspoon salt per cup of warm water. Swish with the saline solution several times each day for the next few days as needed.

Please call the office if you have any questions!

Dr. Bard J. Levey

Dentist ADK

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