

## Care Instructions for Permanent Crowns

- If you received anesthesia, do not chew until the numbness has subsided.
- For the first hour avoid chewing
- For the first day
  - Avoid eating hard or sticky foods
  - Brush as usual, but floss with care
  - When flossing, remove floss from the side of the tooth
- To protect your crown, avoid chewing hard objects such as ice.
- Crowns can be brushed and flossed normally, but a desensitizing toothpaste can be used if teeth are sensitive to cold.
- Gum soreness is normal for a few days.

### What to do if your tooth is sensitive:

- This is usually from a normal reaction of the nerve following the procedure. Give it a couple of days and try a sensitivity protection toothpaste (i.e. Sensodyne or Crest for Sensitivity) until it subsides.
- If it continues beyond a week or so or seems to worsen please call our office. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.
- If your bite seems off or if you cannot bite normally please call the office to have your bite adjusted. Do not wait for it to wear down on its own.
- Let us know if you have any other questions or concerns.