



PERMANENT CROWN POST-OP INSTRUCTIONS

Here are a few things to consider now that your permanent crown is in place.

- Because this type of crown is “cemented”, you should delay chewing on it for 24 hours. This will allow the cement to fully harden as it secures the crown to your tooth. After this period, you may resume normal chewing.
- Occasionally a new crown can make your tooth slightly sensitive to chewing and to cold. In almost all cases any sensitivity will go away completely – Usually within a couple weeks, but it may take longer.
- Allow a few weeks for your tongue to get used to the new crown. At first it may feel different due to more “nooks and crannies” on the biting surface. This surface anatomy makes your tooth look like it did when it first appeared in your mouth.
- Floss normally except delay flossing around the new crown for 24-48 hours. Because the cementation procedure causes minor gum irritation and bleeding, delay flossing around the new crown for 1-2 days. After this delay, it is important to resume your normal daily flossing regimen to ensure your gums heal completely around the new crown.
- Use any mouth rinse as you would normally.
- Expect to have minor discomfort in your teeth and gums following today’s visit. Over the counter pain medication such as Tylenol or Advil is recommended. Any discomfort should subside within several days.
- Remember that anything that can break or damage a natural tooth can do the same to your new crown (e.g. ice, metal objects, corn nuts, injury, etc.). Candy or anything sticky can cause a crown to pop off.
- Sometimes a bite adjustment is needed on a new crown. If you begin getting tenderness from biting or begin having any achy pain that is waking you up at night, please call our office promptly.