

## **Post-op Instructions after Crown Placement**

### **Diet and Eating Guidelines**

The fluoride cement securing the crown takes approximately 12 hours to fully set, so please keep your child on a soft diet for the rest of the day. Moving forward, avoid sticky foods like gummies or fruit snacks, as these can pull the crown off. If your child has a white crown, you should also avoid hard foods (such as nuts or hard candies) to prevent the crown from chipping or breaking.

### **Healing and Home Care**

It is normal for the gums to look red, irritated, or bleed slightly right after the appointment. This should heal within a few days. Please continue brushing and flossing around the crown regularly to aid healing. If your child is experiencing gum sensitivity or discomfort, you may administer children's Ibuprofen.

### **Adjustment Period**

It generally takes one to two weeks for the bite to feel "normal" again. However, if your child is still having difficulty eating, biting, or chewing after one full week, please contact our office.