PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · RESTORATIONS

CARE AFTER YOUR PERMANENT CROWN OR BRIDGE

How to help your fixed restorations last, settle in well and keep your gums healthy.

1 CEMENTATION: FIRST 24 HOURS

- **Protect the cement:** For the first **24 hours**, while the cement finishes setting, do not bite hard foods directly with the crown and avoid very sticky foods.

2 FOOD AND DIET

- **Foods to avoid:** Avoid very hard, sticky or chewy foods (gum, chewy candy) to keep the crown from coming loose or breaking over time.

3 CLEANING TECHNIQUE (VERY IMPORTANT!)

- **Flossing:** When you floss next to the crown, **do not pull the floss back up**: let go of one end and slide it out to the side. This keeps the crown, temporary or permanent, from loosening.
- **Under the bridge:** Clean the space under the bridge tooth with a floss threader or bridge floss.

4 SENSITIVITY AND ADJUSTMENT

- **Mild discomfort:** Mild discomfort or sensitivity to cold or heat during the first few days is normal while the tooth and gum adjust to the new restoration.

5 CHECKUPS AND FOLLOW-UP

- **Follow-up visit:** If your bite feels high or uncomfortable, or something hits first when you close, call us and we will check and adjust it at PureSmile Miami.

QUESTIONS OR DISCOMFORT WITH YOUR CROWN?

We are here for you. Call us at **(305) 787-3642** if you notice any problem.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-crowns-bridges

Patient Care Team
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