

POST-OPERATIVE INSTRUCTIONS FOLLOWING DENTAL CROWN

Provided for your comfort and recovery following tooth preparation, temporization, and/or crown delivery.

Numbness & Chewing

- Your lips, teeth, and tongue may remain numb for several hours after the appointment.
- Avoid chewing or eating until the local anesthetic has completely worn off to prevent accidentally biting your lip, cheek, or tongue.
- Do NOT chew or bite directly on the treated tooth for 3-4 hours following placement of the permanent crown to allow proper cement setting.
- Do NOT chew or bite directly on the treated tooth if a temporary crown is in place. Chew on the opposite side to prevent dislodging it.

Pain & Sensitivity

- Mild temperature and pressure sensitivity is normal after the procedure as the nerve and surrounding tissues recover.
- Your gums around the prepared tooth may be tender or inflamed for a few days due to the procedure.
- Discomfort can usually be managed with over-the-counter pain medications like ibuprofen (Advil) or acetaminophen (Tylenol), taken as directed, unless contraindicated.

Oral Hygiene

- Continue to brush your teeth normally to keep the gum tissue healthy and prevent decay.
- When flossing around a temporary crown, carefully pull the floss out through the side rather than lifting it up, which could pop the temporary off.

Swelling & Complications

- Significant swelling is not typically expected, though minor gum inflammation is normal.
- If your bite feels uneven or "high" once the numbness wears off, please call the office to have it adjusted, as this can cause prolonged pain.
- If your temporary crown comes off, save it and call the office. It is important to have it re-cemented to prevent tooth damage.

Nutrition & Habits

- Stick to a softer diet while wearing your temporary crown.
- Strictly avoid extremely hard, crunchy, or sticky foods (such as gum, taffy, caramels, nuts, or ice) that could break or dislodge the temporary crown.

Appointments

- Same-day crowns won't require follow-up unless you are requesting one due to an unlikely complication.
- For teeth with temporary crowns: Your permanent crown is being custom fabricated and will take 2-3 weeks to perfect.

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)

2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)

400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)

509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)

3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000