



Crowns, bridges, veneers (also inlays and onlays)

Sensitivity to hot and cold is to be expected following treatment. For the first few days, try to avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anaesthesia wears off. If you feel discomfort in the gum tissue, rinse the area with warm salt water. You can also take Advil or Tylenol if the discomfort persists.

If anaesthesia is used, avoid chewing on your teeth until the numbness has worn off.

Caring for your temporary crown / bridge / veneer

Temporary crowns/bridges/veneers are utilized for about 1-2 weeks while the permanent restorations are being customized for your tooth. The temporary protects the tooth and holds its position during the interim so that when the permanent restoration returns from the dental lab, it will fit beautifully.

Temporary restorations are usually made of plastic based material or soft metal and are placed using "temporary" cement – it is fragile and will not be as strong as the permanent restoration. It can break if too much pressure is placed on it. The temporary restoration may also come off - if it does, save the temporary (keep the temporary wet by putting it in a baggie with a moist piece of paper towel) and call our office to have it recemented or replaced.

A tooth that has had a root canal will not be sensitive if the crown comes off. A tooth with an intact nerve (no root canal) may be a little sensitive after a crown preparation has been completed. This is normal and to be expected. If the temporary crown does come off or if the sensitivity is more than expected do not hesitate to call the office.

To avoid losing your temporary, avoid chewing on sticky and hard food (chewing gum, ice). Try to chew on the opposite side of the temporary restoration as much as possible.

Continue your normal brushing but be careful while flossing around the temporaries. Floss a temporary by pulling the floss down through the contact then straight out. It is best to remove the floss by letting loose one end and pulling it out to the side. DO NOT floss up and down as usual as this may snag the temporary crown and pull it off its tooth. If the temporaries are fused, you may need a floss threader.

Caring for your permanent crown / bridge / veneer

Your permanent restoration is checked for fit and then cemented. You can eat on your crown immediately but it is wise not to for a day or so to allow the nerves to settle down following treatment. It is not uncommon for the permanent crown to be a little cold sensitive for a few weeks afterwards. After the permanent restoration is placed you may feel slight pressure for a few days.

Your bite may feel different for a day or two. This is just your mouth adjusting to the new addition. If the bite feels uneven or you feel discomfort when chewing on the tooth after 2-3 days, call our office 416.922.9040 for an adjustment.

A balanced bite is important. "High" bites lead to pain and sensitivity. Delaying the necessary adjustments may damage the tooth permanently.

It is, even with your perfectly fitted crown/bridge/veneer, important to floss the margins next to the gum line below the contact area to prevent periodontal disease and dental decay. Remember that the underlying teeth are still vulnerable to decay. In addition, do not subject your teeth to sharp impact or hard objects. Don't bite pins or nails. If you tend to grind at night, get a night guard to protect your teeth.

It is important to have your new crown/bridge/veneer checked regularly and cleaned by the hygienist. With regular hygiene appointments the permanent crown / bridge / veneer should last you many years.