



Dr. Anjana Gupta, D.D.S.

## **POST-OP INSTRUCTIONS FOR FILLINGS AND CROWNS**

**Fillings:** Your gums may be sore for several days. If needed, rinse your mouth three times a day with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit) to reduce pain and swelling. One of the most common problems following filling placement with anesthesia, is an incorrect bite. It is normal to experience some hot, cold and biting sensitivity for 3-4 days after your appointment. It should decrease each day after this period. If it does not, please call our office.

**Crowns:** The temporary restoration not only protects the tooth from damage, but it also prevents it from shifting, helps the gum tissue to heal in the proper location, and provides a cosmetic solution until the permanent restoration can be placed. The gum tissue around the prepared teeth may be sore for several days. You may rinse your mouth with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit) to reduce pain and swelling. There are times when an OTC or prescription rinse may be dispensed to assist with gum tissue healing. It is important to use as directed. Your tooth may feel sensitive to temperature, sweets, or biting. This is normal and should subside in a few days. If this sensitivity is severe and does not dissipate, please contact the office immediately for an evaluation. Do not eat anything sticky, hard or chewy as this may pull the temporary crown off or break it. Be careful brushing and avoid flossing adjacent to the temporary as this may cause it to become dislodged. Ideally, try to pull the floss through the contacts verses going up and down with the floss, as to not pull off the temporary. Once the permanent restoration is placed, you may brush and floss normally. Should a temporary inadvertently come off, try to place it back on the tooth, and contact the office immediately to have it re-cemented. Your temporary may feel rough to your tongue. It may not be the same shape or color as the permanent restoration. You can feel confident that your new restoration is being made using state-of-the-art materials by the finest laboratories and technicians.

**General:** When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where the anesthetic was administered. If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please contact our office immediately to obtain help or advice.

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