

# WEST HAVEN DENTAL CARE LLC

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## CARE INSTRUCTIONS FOLLOWING A CROWN / BRIDGE PROCEDURE

- Some soreness can be expected and is normal following your procedure. This may include gum irritation and some minor tooth sensitivity which can last for several days. Over-the-counter pain medication such as Motrin, Aleve, Tylenol or any other non-aspirin pain medication should be sufficient. The dentist can prescribe stronger pain medication if necessary.
- For best pain relief, begin taking pain medication as soon as possible before novacaine wears off. Continue taking medication every 4 to 6 hours for 2 to 3 days.
- Rinse with warm salt water (1/2tsp salt with a glass of warm water) 3 to 4 times a day for a few days or a mouth wash, such as Crest Pro-Health Care Rinse, is also acceptable.
- It is very important to keep the area free from food debris with regular, gentle brushing, flossing and rinsing to aid in the healing process. This should also be done even if the gums are sore.
- Please avoid any sticky or hard foods such as gum, chewy or hard candies. These may dislodge the temporary crown or bridge.
- Should any problems occur, such as the temporary crown or bridge coming loose or dislodging, do not hesitate to call our office.