

## PERMANENT CROWNS AND BRIDGES

You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well, and they should provide you with years of service, if you will observe the following suggestions:

1. **Chewing:** Do not chew hard foods on the restorations for 24 hours from the time they were cemented. The cement must mature for several hours to have optimum strength.
2. **Sensitivity:** Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks. Infrequently, sensitivity lasts longer than six weeks. Please tell us if this occurs.
3. **Aggressive Chewing:** Do not chew ice or other hard objects. Avoid chewing very sticky foods such as "hard tack" candies and caramels because they can remove restorations.
4. **Preventive Procedures:** To provide optimum longevity for your restorations and prevent future decay and supporting tissue breakdown, please use the following preventive procedures personally recommended for you:
  - \_\_\_ a. Brush and floss your teeth after eating and before bedtime.
  - \_\_\_ b. Use a mechanical toothbrush.
  - \_\_\_ c. Use a Waterpik.
  - \_\_\_ d. Use fluoride toothpaste such as Colgate PreviDent. (This product requires a prescription from us.)
  - \_\_\_ e. Use fluoride gel in provided trays for 5 minutes per day. You should have been provided with another information sheet for this technique.
5. **Recall Appointments:** Visit us for regular six month examinations. Often, small problems that are developing around restorations can be found at an early stage and corrected easily, but waiting for a longer time may require redoing the entire restoration. Failure to return for professional examinations is the most significant reason for restoration failure. We will contact you when it is time for your recall appointment.
6. **Problems:** If any of the following conditions occur, contact us immediately to avoid further problems:
  - Movement or looseness in the restoration
  - Sensitivity to sweet foods
  - A peculiar taste from the restoration site
  - Breakage of a piece of material from the restoration
  - Sensitivity to pressure

We have done our best to provide you with the finest-quality oral restorations available today. However, only your continuing excellent oral hygiene and professional recalls can ensure optimum service longevity.

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