



Post-Operative Instructions for Veneers, Crowns & Bridges

If you need assistance during non-business hours, please text us at (469) 907-5250.

This is the same number used for appointment confirmations. Messages are checked periodically after hours.

Important Notes

- **Mild tenderness or soreness is normal after dental treatment. Ibuprofen or Tylenol is usually helpful unless otherwise directed.**
- **Sensitivity to cold, pressure, or chewing is common for 6–8 weeks and is usually temporary.**
- **Your bite may feel slightly different while wearing temporary restorations. This is intentional to help protect them.**
- **Temporary crowns or veneers can occasionally loosen or come off. This is not usually an emergency – please contact our office for guidance.**
- **Avoid hard, crunchy, or sticky foods such as gum, caramel, ice, or hard candies while wearing temporary restorations.**
- **Warm saltwater rinses 3–4 times daily can help soothe sore gums.**

The First Few Hours After Treatment

If local anesthetic was used, your lips, cheeks, or tongue may remain numb for 2–3 hours.

To avoid accidental injury:

- **Avoid chewing until the numbness wears off**
- **Be careful not to bite or suck on your lips or cheeks**
- **Stick to soft foods such as yogurt, mashed potatoes, smoothies, soup, or pudding**

Minor soreness at the injection site is normal and temporary.

Temporary Crowns, Veneers & Bridges

Temporary restorations protect your prepared teeth and help maintain proper spacing until your final restoration is delivered.

While Wearing Temporaries:

- **Avoid sticky or hard foods**
- **Chew carefully on the opposite side when possible**
- **Brush gently around the temporary**
- **Floss carefully by sliding floss out to the side instead of pulling upward**

If a Temporary Comes Off:

Please contact our office as soon as possible so we can advise you or schedule a recement appointment.

If Your Bite Feels Uneven:

Once numbness wears off, contact us if your bite feels too high or uncomfortable. Small adjustments may be needed.

Temporary Crown Recementation Instructions

You may have been provided with a temporary recementation kit.

1. **Dry the tooth and temporary crown thoroughly**
2. **Mix equal amounts (1:1 ratio) of base paste and catalyst paste**
3. **Place the mixture inside the temporary crown**
4. **Seat the temporary fully onto the tooth**
5. **Apply firm pressure for 1 minute**
6. **Remove excess material around the edges**

If you are unsure or uncomfortable doing this, please contact our office.

Tooth Sensitivity After Treatment

Some sensitivity after veneers, crowns, or bridges is completely normal.

You may notice:

- **Cold sensitivity**
- **Sensitivity to sweets**
- **Mild discomfort while chewing**

This usually improves within days to weeks, though some cases may take longer.

To help minimize sensitivity:

- **Avoid extremely cold foods and drinks**
- **Use a sensitivity toothpaste if recommended**
- **Continue excellent oral hygiene**

If sensitivity worsens or does not improve, please contact our office.

Managing Discomfort

Before the anesthetic fully wears off, we recommend taking:

- **Ibuprofen or Tylenol every 4–6 hours as needed (unless medically contraindicated)**

Warm saltwater rinses may also help soothe irritated gums:

- **Mix 1 teaspoon of salt in 1 cup of warm water**
- **Swish gently for 30 seconds and spit out**
- **Repeat 3–4 times daily**

After Your Permanent Crown, Veneer or Bridge is Placed

For the first 24 hours:

- **Avoid hard or sticky foods**
- **Avoid flossing aggressively around the restoration**
- **Avoid using an electric toothbrush directly over the area if sensitive**

You may notice small excess pieces of bonding material initially. Most will wear away naturally. If anything feels rough or sharp, please contact our office for adjustment.

Caring for Your Final Restoration

To help your crown, veneer, or bridge last as long as possible:

- **Brush twice daily**
- **Floss every day**
- **Maintain regular dental cleanings and exams**
- **Avoid chewing ice, pens, or extremely hard foods**
- **Wear a nightguard if recommended**

Proper home care and regular checkups are essential to protecting both your restoration and surrounding teeth and gums.