



EVAN G. YOUNG, DDS
Family and Cosmetic Dentistry

Crowns and Fixed Prostheses (Bridges)

You have just had a crown(s) or fixed bridge cemented onto your tooth or teeth. They will replace your missing tooth structure or missing teeth very well, and they should provide you with years of service, if you 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 initial 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 as further treatment may be necessary.
- 3. Aggressive Chewing:** As with natural teeth, do not chew ice or other hard objects as this can contribute to early failure of the restoration. Avoid chewing sticky foods such as "hard tack" candies and caramels because they can dislodge your restorations.
- 4. Preventive Procedures:** To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures that are checked:
 - a. Brush and floss your teeth 2-3x daily paying particular attention to the margins (circumference of the restoration next to the gums) of the restorations.
 - b. Swish vigorously for at least 30 seconds daily with a fluoride-containing mouth rinse available at many stores without a prescription. The best time is immediately before bedtime.
 - c. Use an electric toothbrush or soft bristled manual toothbrush.
 - d. Use a strong fluoride gel such as Colgate PreviDent, as you would use toothpaste, if you have experienced a high rate of dental caries or have a low rate of saliva flow. (This product requires a prescription from us.)
- 5. Recall Appointments:** Visit our office for regular 6-12 month examinations and cleanings. Often, problems that are developing with your restorations can be found at an early stage and corrected easily. 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 encourage you to pre-schedule your cleanings and exams so that we can best accommodate your schedule.
- 6. Problems:** If any of the following conditions occur, contact us immediately to avoid further problems:

- Restoration movement or looseness.
- 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. Thank you for your adherence to these recommendations.

