



Permanent Crown & Bridge Post-Operative Instructions

Thank you for choosing **Peakview Cosmetic and Implant Dentistry**. Your permanent crown or bridge has now been placed. Please follow these instructions to allow the restoration and surrounding tissues to adjust properly.

Eating & Drinking

- If local anesthetic was used, **do not chew until the numbness has completely worn off** to avoid biting your cheek, tongue, or lip.
- Once the numbness has worn off, you may eat normally unless your dental team has given you different instructions.
- For the first 24 hours, avoid extremely hard, sticky, or chewy foods around the new restoration.
- Avoid chewing ice or other very hard objects, as these can damage or fracture the restoration.
- If you have a bridge, avoid pulling or biting directly into very sticky foods that could place excessive force on the restoration.

Sensitivity & Discomfort

- Mild sensitivity to cold or pressure may occur for a few days after placement.
- Some mild gum tenderness around the crown or bridge is also normal.
- These symptoms should gradually improve.
- Use over-the-counter or prescribed medication as directed by your dental team.

Your Bite

Your new crown or bridge should feel comfortable when you bite.

- Your bite may feel slightly different for the first few days as you become accustomed to the restoration.
- **If the tooth feels like it hits first, feels too high, or is uncomfortable when chewing, please contact our office.**
- A simple bite adjustment may be needed. Do not wait for the problem to resolve on its own if the bite feels significantly uneven.

Oral Hygiene

- Continue brushing and flossing daily.
- Brush around the crown or bridge just as you would your natural teeth.
- Pay special attention to the gumline around the restoration.
- For a bridge, clean underneath the bridge daily using floss, a floss threader, interdental brush, or other cleaning aid recommended by your dental team.



Protecting Your Restoration

Your crown or bridge is designed to function like a natural tooth, but it should still be treated with care.

Avoid:

- Chewing ice
- Biting hard objects such as pens or fingernails
- Opening packages with your teeth
- Excessive force on the restoration
- Very sticky foods if they cause the restoration to feel loose

If you grind or clench your teeth, ask your dental team whether a **nightguard** is recommended.

If Your Crown or Bridge Feels Loose

Contact our office if your crown or bridge:

- Feels loose or moves
- Comes off
- Cracks or chips
- Causes persistent discomfort

Do not use household glue or attempt to permanently reattach the restoration yourself.

If the restoration comes off, keep it in a safe place and contact our office for instructions.

When to Contact Our Office

Please contact **Peakview Cosmetic and Implant Dentistry** if you experience:

- Severe or persistent pain
- Significant sensitivity that does not improve
- A bite that feels too high or uneven
- Swelling or signs of infection
- A loose, cracked, chipped, or displaced crown or bridge
- Any concern about your new restoration

Important Reminder

Your new crown or bridge may feel different at first. It can take a few days to become accustomed to the restoration.

With proper home care and regular dental visits, your crown or bridge can provide many years of comfortable function.