

Crowns and Fixed Prosthesis (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 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.
3. **Aggressive Chewing:** As with natural teeth, do not chew ice or other hard objects. 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 after eating and before bedtime.
 - ___ 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 a mechanical toothbrush.
 - ___ d. Use a strong fluoride gel such as Colgate PreviDent as you would use toothpaste. (This product requires a prescription from us.)
 - ___ e. Use the provided strong fluoride gel in the provided trays for 5 minutes per day. You should have been provided with an additional information sheet for this technique.
5. **Recall Appointments:** Visit us for regular six month examinations. 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 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:
 - 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.