

POST CROWN, ONLAY OR BRIDGE CEMENTATION INSTRUCTIONS

You have just had inlays, crowns or bridges cemented onto your teeth. Dr. Henny Purba worked very hard to make your tooth not only fit, chew and look great, but is a little work of art, a tooth sculpture! Your restoration will replace your missing tooth structure or missing teeth very well and should give you years of good service, provided you observe the following cautions:

After your visit: Do not eat until the numbness has worn off. Otherwise you can bite your cheeks, lips and tongue. If the numbness persists for more than 8 hours, call us.

The area of injection may be sore for a few days. Warm water rinses can help alleviate this.

If your bite does not feel “right” is “high” or uncomfortable call us immediately. Do not try to “get used to it.” An incorrect bite can damage the new filling, the tooth or your TMJ joints.

Chewing: Do not chew hard foods on the restorations for 24 hours from the time they were cemented - to attain optimum strength; the cement must mature for approximately 24 hours.

Sensitivity: Don't worry about mild sensitivity to hot or cold foods. This sensitivity will disappear gradually over a few weeks. Infrequently, sensitivity lasts longer than six weeks. Please notify us if this occurs.

Preventive Procedures: To provide optimum longevity for your onlays, crowns or bridges and to prevent future dental decay and supporting tissue breakdown, please brush and floss after eating and before bedtime. We do recommend you swish vigorously with fluoride containing mouthwash (ACT) for at least 60 seconds after brushing daily to help prevent tooth

decay. Use a floss-threader under the bridge to remove food and plaque. Many patients have found the Rotadent Electric Toothbrush to be very effective to clean under their bridges as well.

Maintenance: The most significant reason for crown and bridge failure is inadequate return for examination. When your gums are healthy, visit us at regular six-month intervals. (If you have or had gum disease, 3-month intervals are appropriate to maintain gum health). Often problems that are developing around the restorations can be detected at an early stage and repaired easily. Waiting a longer time may require redoing the entire restoration. This could be a problem with our warranty, i.e. "I never got a call or postcard and you said you'd tell me when to return."

Problems: Call us immediately if any of these conditions occurs:

- A feeling of 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 restoration available today. Only your continuing care and concern can assure long-term good dental health.

If you have any question, please feel free to contact us, we are always here for you.

Kaleen Family Dental Surgery