



**MY DENTIST**  
WORCESTER

## **Post-Op Care for Your Dental Crown and Bridge**

- If you require anesthesia, avoid eating until your mouth is no longer numb.
- Contact our dental office if your bite feels uneven. Schedule an adjustment to avoid unnecessary pain or discomfort.
- Floss your permanent crown as you would your natural tooth. Use a floss threader to remove food, etc from beneath your dental bridge.
- Carefully eat hard food such as nuts, candies, and ice to avoid breaking or damaging your permanent crown.
- Avoid chewing on anything that could potentially break or damage your crown.
- Consider the use of a night-guard if you clench or grind your teeth at night during sleep. Schedule a consultation to discuss your options.
- Expect some hot/cold sensitivity following your crown procedure. Contact our dental office if you experience extended sensitivity pain or if swelling occurs.