

POST OPERATIVE INSTRUCTIONS FOLLOWING CROWN - VENEER - BRIDGE FIT

Congratulations on completing your dental restoration procedure! Whether you have received a crown, veneer, or bridge, it's important to follow these post-operative instructions to ensure proper healing, longevity, and optimal oral health. Keep in mind that these instructions are general guidelines, and your dentist may provide specific instructions based on your individual case.

NUMBNESS

If you received local anesthesia, be cautious not to bite your lips, cheeks, or tongue while they are still numb. It's best to avoid eating until the numbness has completely worn off to prevent accidental injuries.

SENSITIVITY

You may experience some sensitivity in the treated area for a few days after the procedure. This is normal and should gradually diminish. If the sensitivity persists or worsens, contact your dentist.

ORAL HYGIENE

Maintaining excellent oral hygiene is crucial for the longevity of your dental restoration. Brush your teeth thoroughly but gently using a soft-bristle toothbrush. Pay extra attention to the gumline and the area surrounding the restoration. Floss carefully, sliding the floss gently between the teeth and along the gumline without snapping it.

AVOID HARD AND STICKY FOOD

For the first few days after the procedure, avoid sticky, chewy, or hard foods that could potentially dislodge or damage the restoration. Opt for softer foods and chew on the opposite side of the mouth if possible.

BITE AND SENSATION

Pay attention to your bite and the sensation of the restoration. If you notice any discomfort, unevenness, or changes in your bite, contact your dentist for a possible adjustment. A proper bite ensures the longevity and function of the restoration.

DENTAL VISITS

Attend all scheduled follow-up appointments with your dentist. These visits are essential for assessing the fit, function, and overall health of your restoration. Your dentist will also perform professional cleanings to maintain the area's cleanliness and prevent complications.

AVOIDING GRINDING AND CLENCHING

If you have a habit of grinding or clenching your teeth (bruxism), inform your dentist. They may recommend a nightguard or another protective appliance to prevent damage to the restoration and your natural teeth.

BE MINDFUL OF BRIDGES

If you have received a dental bridge, be cautious while flossing around the supporting teeth. Use a floss threader or interdental brushes to clean underneath the bridge and maintain good oral hygiene.

WATCH FOR SIGNS OF COMPLICATIONS

Pay attention to any signs of complications, such as persistent pain, swelling, discomfort, or unusual sensitivity. Additionally, keep an eye out for any chips, cracks, or fractures in the restoration. If you notice any of these issues, contact your dentist promptly.

OVERALL ORAL HEALTH

Remember that your dental restoration is part of your overall oral health. Maintain regular dental check-ups, continue with daily oral hygiene practices, and follow any additional instructions provided by your dentist to ensure a healthy mouth and the longevity of your restoration.

If you have any questions, concerns, or notice anything unusual during your recovery, don't hesitate to reach out to the clinic on 0203 143 0080. They are your best resource for personalised guidance and can address any specific concerns related to your dental restoration.