



CROWNS OR BRIDGES (FIXED PROSTHESIS)

Handout (H-21) 09/28/06

You have just had crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure and give you years of service if you observe the following.

- 1) **CHEWING:** Do not chew hard foods on the restorations for 1\2 hour from the time they were cemented.
- 2) **SENSITIVITY:** Don't worry about mild sensitivity to hot or cold foods, it will disappear gradually over a few weeks. If infrequent sensitivity lasts longer than 6 weeks, please let us know.
- 3) **AGGRESSIVE CHEWING:** Do not chew ice or other hard objects. Avoid chewing very sticky foods such as "hard tack" candy because they can remove 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.
 - Brush and floss after eating and before bedtime.
 - Swish vigorously for at least 30 seconds daily with one of the following fluoride rinse products (the best time is immediately before bedtime):
 - 1) Colgate FLOURIGARD.
 - 2) Johnson & Johnson ACT.
 - 3) LISTERMINT with Fluoride.
 - Use fluoride gel such as PREVIDENT as advised by us (requires a prescription).
 - Use a Water Pik as advised by us.
 - Use bridge cleaners as advised by us.
 - Use an Interplak tooth brush as advised by us.



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- 5) **RECALLS:** Visit us at regular six-month examination periods. Often problems that are developing around the restorations can be found at an early state and corrected easily. Waiting for a longer time may require redoing the entire restoration. **INADEQUATE RETURN FOR EXAMINATION IS THE MOST SIGNIFICANT REASON FOR PROSTHESES FAILURE.**

- 6) **PROBLEMS:** IF ANY OF THE FOLLOWING CONDITIONS OCCURS, CONTACT US IMMEDIATELY TO AVOID FURTHER PROBLEMS:
 - A) A Feeling of movement or looseness in the restoration.
 - B) Sensitivity to sweet foods.
 - C) A peculiar taste from the restoration site.
 - D) Breakage of a piece of material from the restoration.
 - E) Sensitivity to pressure.