





## **i Recovery Tips ?**


**You made it through your crown treatment!  
We made this little guide to help you heal.**


 **Numbness:** Numbness of your lip, tongue or palate may last for several hours. Try not to chew gum, eat, drink hot liquids or smoke until the anesthetic has worn off so you from accidentally bite or burn yourself. If you need a snack, stick to something soft and room temperature.


 **Medications:** It is not unusual for the area that the crown(s) were prepared to be tender. You can take an Ibuprofen like Advil to make yourself more comfortable. It's usually more effective than Tylenol.


 **Saltwater.** Rinse with warm salt water (1/2 tsp of salt dissolved in an 8oz. glass of warm water) for the next 2 days. This will help sooth any gum tissues that may be tender.

 **What can I eat?** Avoid sticky or crunchy foods which might loosen or fracture your temporary acrylic crown.

 **How should I take care of my mouth?** Try to keep your mouth as clean as possible to help the healing process. Brush as you normally do but when flossing be sure to pull the floss through rather than up to avoid dislodging your temporary crown. You will be able to floss normally again once the permanent crown is placed.

 **If your bite feels “high”** please call us to make an appointment so we can adjust it for you. If we don't make the necessary adjustment, you risk getting a toothache or fracturing your temporary crown.

 **If your temporary crown becomes loose or falls out** call the office to have it re-cemented as soon as you can. Your temporary restoration helps prevent the adjacent teeth from shifting, ensuring that your final custom-crafted crown or bridge will fit. If you are unable to come in, most pharmacies sell temporary cement that you can apply until you can come in for recommendation.

 **We're here for you!** Don't hesitate to call the office at any time if you have any questions or problems concerning your post-operative care. The telephone number is (415) 564-6170. We have a 24 hour-a-day, 7 day-a-week answering service. If the office is closed they will have one of the doctors return your call.