



gorelik dentistry
HOLISTIC HEALTH

Permanent Crown Instructions

Now that we've placed your permanent crown, it's important to follow these recommendations to ensure its success:

Eating:

- If we used an anesthetic during the procedure, avoid eating or drinking anything hot until the numbness has completely wears off.

Brushing & Flossing:

- Brush and floss normally, if your teeth are sensitive to hot and/or cold, you can use a desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

Discomfort:

- To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon salt per glass of warm water. It's normal for your gums to be sore for several days. Take Ibuprofen 600mg 3 times a day for the next 2-3 days if sensitivity persists.

WHEN TO CALL US:

- Call our office if your bite feels uneven, you have persistent sensitivity or discomfort, or if you have any questions or concerns.



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