



**GENESIS DENTAL CENTER BAHAMAS LTD.**

**Call Our office at: 242-393-2333 or 242-394-2333**

## **CROWN & BRIDGE POST-OPERATIVE INSTRUCTIONS**

You have been fitted with a **temporary crown or bridge** to protect your teeth and gums while your permanent restoration is being made at the dental laboratory. The temporary is made of plastic and is held in place with temporary cement.

To ensure your temporary stays secure until your permanent crown or bridge is ready, please follow these guidelines:

### **Things to Avoid**

**Sticky foods** such as gum, toffee, or caramel

*(These can pull the temporary crown or bridge off.)*

**Hard foods** such as ice, corn nuts, or peanut brittle

*(These can break the temporary.)*

**Eating before the anesthetic wears off**

*(You may accidentally bite your lips, cheeks, or tongue.)*

**Cold liquids**

It is normal to feel sensitivity to hot or cold. This should gradually improve.

If sensitivity continues, please call our office.

### **Things to Do**

**Rinse with warm salt water** three times a day

Mix **1 teaspoon of salt** in **1 cup of warm water**.

This helps soothe and heal any gum soreness after your appointment.

**Brush and floss daily**

When flossing around the temporary crown or bridge, slide the floss out **from the side** rather than pulling straight up. Pulling upward may loosen or remove the temporary.

If you have trouble flossing, please let us know.