



**Dr. Rajalakshmi Sundaram MDS**

**MDS, FWFO (USA)**

**Prosthodontist**

**Awarded BEST ORTHODONTIST IN BANGALORE**

**Oral Implantologist (Frankfurt Univ)**

**National Dental Excellence Awards, 2014**

---

### **POST OPERATIVE INSTRUCTIONS FOR CROWNS AND BRIDGES**

Your tooth is prepared for a crown or bridge by cutting it down to the required size. After this appointment you may or may not be given a temporary crown or bridge while the permanent one is manufactured by the lab.

Since the temporary crown or bridge is fixed with a weak adhesive, it may come off. Call us if this happens, and bring the temporary with you so we can re-cement it. It is very important for the temporary to stay in place, as it will protect your teeth from shifting or moving, which may compromise the fit of the final crown.

To keep your temporaries in place, **AVOID** eating sticky foods (including gum) and hard foods. If possible, chew on the other side of your mouth. It is important to brush normally, but floss carefully as it may dislodge the temporary.

On the appointment the permanent crown or bridge is cemented, you need to wait for an hour before you bite on it. This is required for the cement to set completely in order to gain full strength and hold the crown/bridge in place.

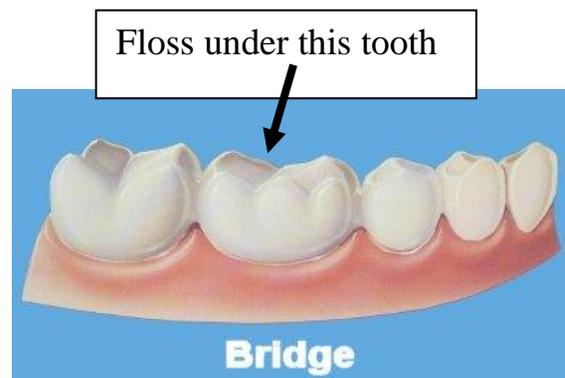
Initially you may experience some sensitivity to cold as the tooth may be slightly irritated by the cement. Sensitivity toothpastes generally help (Sensodyne or colgate sensitive). Your bite may take a few days to completely settle. After about a week's time, if you still find your bite off or unsettled, you may contact us for some further adjustments.

It is extremely important to maintain excellent oral hygiene with your new crown or

bridge. Some people have the misconception that a crowned tooth no longer needs to be maintained. Crowns and bridges are still susceptible to decay near the gum-line the same as a natural tooth. The crown strengthens the portion of the tooth above the gum-line but this margin area requires special care. Normal brushing and flossing is a must. Additional use of a fluoride rinse (Plax or amflor), and a high fluoride content toothpaste or gel (Tooth mousse or colgate Gel Kam) are excellent for preventing additional root decay. These additional aids are extremely important for patient with a high decay rate and/or a history of gum disease.

Most crowns and bridges have a ceramic outer layer or are all-ceramic. These materials are very strong and color stable, however, they still have potential to fracture the same as a natural tooth. As a rule of thumb, don't do anything with a crown or bridge that could damage a natural tooth. Do not bite ice on your crown/bridge. The extreme temperature change greatly increases the fracture of porcelain and natural teeth.

Fixed bridges require additional cleaning under the pontic (Missing tooth). Since this "False tooth" is connected to the adjacent teeth a bridge threader (superfloss) is used to thread floss under it to remove plaque. These are readily available at most pharmacies. We would be happy to demonstrate how to use them.



---

+91-9740909934

080-41634387