

Post-Crown Care Instructions

1) What's Normal

- **Gum/tissue soreness** around the tooth is common. In some cases, a sore or ulcer can develop and may take about **10–14 days** to heal.
- **Chewing tenderness** is common with a temporary crown.
- **Tooth discomfort** in the tooth being crowned can occur and should be manageable with over-the-counter pain medicine.

Salt water rinse (for comfort) — Mix **1/4 teaspoon salt** in **1/4 cup warm water**. Swish **3 times per day** for **60 seconds** each time.

2) If You Have a Temporary Crown

- We strongly recommend you try to chew on the **opposite side** of your mouth as much as possible while your temporary is in place.
- Do **NOT** floss around your temporary crown.

3) Pain Relief

For most patients, discomfort is most noticeable during the first **10–14 days** and should gradually lessen.

- We recommend alternating Advil and Tylenol every 6 hours to help manage any discomfort.
- If discomfort is not responding to 6 hour dosing of Advil or Tylenol, you may alternate every 3 hours.
- **Sample dosing schedule:** 9am 400mg Advil, 12pm 1000mg Tylenol, 3pm 400mg Advil, and so on.

Please call our office if pain continues beyond the first **two weeks** and/or is not treatable with Advil or Tylenol.

4) If Your Temporary Breaks or Comes Off

- **During business hours:** Call our office to schedule a visit to recement the temporary.
- **On a weekend or after hours:** Use **Poli-grip** or **Fixodent** to reposition your temporary, and then call our office when we reopen.

Thank you for the opportunity to be your dental team. We are honored to be entrusted with your care and look forward to seeing you again soon!