



## **Taking Care of Your New Crown**

### **Chewing and Eating**

You can eat and drink normally after today's appointment. Please use caution eating if you were given local anesthetic (numbing). We do recommend you avoid chewing on ice or other hard objects as they can damage your crown.

### **Brushing and Flossing**

Brush and floss normally. Some sensitivity can be normal as your mouth adjusts to your new crown. If you experience sensitivity, using desensitizing toothpaste such as Sensodyne can be very helpful.

### **Discomfort**

Some sensitivity and discomfort are normal after having your new crown placed. Warm salt water rinses should help with most common types of discomfort that can occur after having your new crown placed. We recommend ½ tsp of salt in about a cup of warm water. You can also take over-the-counter pain medications (such as ibuprofen or acetaminophen) following the package directions. If your discomfort is not improving after a few days or is severe, please call our office.

### **When to Call**

Do not hesitate to call our office if you have discomfort that lasts longer than three or four days and is not improving.

Call our office right away if you are having severe pain or throbbing that is waking you up at night.

Call our office right away if your bite feels off or uneven.

Remember to keep your routine cleaning appointments. These appointments allow us to monitor and help to maintain your new crown for years to come.