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## Crowns or Bridges (Fixed Prosthetics)

You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well and give you years of service if you will observe the following suggestions.

**Chewing:** Do not chew hard foods on the restorations for 24 hours from the time they were cemented. The cement must mature for 24 hours to have optimum strength.

**Sensitivity:** Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks. Infrequently, sensitivity lasts longer than six weeks. Please tell us if this occurs.

**Aggressive Chewing:** Do not chew ice or other hard objects. Avoid chewing very sticky candies because they can remove restorations.

**Preventive Procedures:** To provide optimum longevity for your restorations, prevent future dental decay, and supporting tissue breakdown, please use the following checked preventive procedures:

- a. Brush and floss after eating and before bedtime.
- b. Swish vigorously for at least 30 seconds daily with an over the counter fluoride rinse. The best time is immediately before bedtime.
- c. Use a prescription strength fluoride preparation.
- d. Use a electric toothbrush as advised by us.

**Recalls:** Visit us for regular \_\_\_\_ month examinations and hygiene visits. Often, small problems that are developing around the restorations can be found at an early stage and corrected easily.

**Inadequate return for examination is the most significant reason for prosthetic failure.**

**Problems:** If any of the following conditions occur, contact us immediately to avoid further problems:

- Movement or looseness in the restoration
- Sensitivity to sweet foods
- A peculiar taste from the restoration site
- Breakage of a piece of material from the restoration
- Sensitivity to pressure.
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**If you have any questions please call the MIT Dental Service at 617-253-1501**