



## **PERMANENT CROWN INSTRUCTIONS**

Your permanent crown has been securely cemented today. Proper care will help ensure comfort and long-term success.

### **NUMBNESS**

If you received local anesthesia:

- Avoid eating until the numbness has completely worn off.
- Be careful not to bite your lips, cheek, or tongue.

### **SENSITIVITY**

It is normal to experience:

- Mild sensitivity to hot or cold
- Slight tenderness when biting
- Minor gum soreness around the treated tooth

These symptoms should improve within a few days. If sensitivity persists for two weeks or worsens, please contact our office.

### **EATING & CHEWING**

- Avoid very hard or sticky food for the first 24 hours.
- After 24 hours, you may resume normal chewing.
- Avoid chewing ice or very hard objects, as this can damage the crown.

### **ORAL HYGIENE**

- Brush and floss normally.
- Be gentle around the gumline.
- Daily flossing is important to maintain the health of the crown and surrounding gum tissue.

### **YOUR BITE**

Your crown should feel natural. If your bite feels uneven, too high, or uncomfortable when chewing, please call us. A simple adjustment may be needed.

## **WHEN TO CALL THE OFFICE**

Please contact us if you experience:

- Severe or increasing pain

  - Swelling

- Persistent sensitivity

  - A loose crown

- Any cracking or chipping

(941) 366-1775