

Crowns: Post-operative Instructions

- Do not eat or drink anything for at least an hour, or until the numbness wears off to avoid biting your lips, tongue, or cheeks. If you must eat, stick to cool (not warm or hot) and soft foods.
- If you have received a temporary crown, it is important to avoid hard, sticky, or chewy foods (such as nuts, gum, or caramel) on the side of the mouth where the crown is placed. This ensures the temporary crown remains intact until the permanent crown is fitted.
- You may brush your teeth as normal but be gentle around the temporary crown. When flossing, slide the floss out to the side rather than snapping it up and down.
- If you experience sensitivity to hot or cold, this is normal and should improve within a few days. However, if it persists or becomes severe, please contact our office.
- If discomfort or pain is present, you can take over-the-counter pain relief, such as:
 - Ibuprofen (400-600 mg) every 6 hours, as needed. Do not exceed 2400 mg in 24 hours. OR
 - Paracetamol (1000 mg) every 6 hours, as needed. Do not exceed 4000 mg in 24 hours.
- If your temporary crown becomes loose or falls out, contact our office immediately so we can replace it. It's important to protect the tooth until the permanent crown is placed.
- Once your permanent crown is placed, it may take a few days to get used to how it feels when you bite. If your bite still feels off after a couple of days, please contact us for an adjustment.
- Your permanent crown should be treated like a natural tooth. Maintain regular brushing, flossing, and dental checkups to ensure it stays in good condition.

When to call us:

Call us immediately if you experience:

- Severe pain
- Prolonged sensitivity lasting over 2 weeks
- Temporary crown dislodgement
- A loose or uncomfortable permanent crown

For any concerns, please contact us during normal business hours at (02) 8937 0585. If you have an emergency outside of business hours, please visit your local hospital's emergency department.

Thank you for choosing us for your dental care!