

Instructions after Fillings or Crowns

Numbness: Avoid chewing food while you are still numb. Also ensure that no biting of the lip or cheek occurs while the numbness is still present (this is especially important for young children or patients with special needs).

Sore gums, lips, cheek: It is normal to have tenderness for a few days due to injections and irritation of the gums where the procedure took place. Ibuprofen is recommended to help relieve this discomfort.

Bite issues: Your new crown or filling will be slightly different in shape and may feel different for a few days. If your bite feels high or uneven to the point of causing noticeable discomfort, please call us so we can adjust the bite.

Deep cavities: Sometimes decay or cracks may be deep in the tooth near the nerve. When placing restorations deep into a tooth, the tooth will be inflamed for a few days. If you can take Ibuprofen, it is recommended after deep fillings/crowns to help reduce the body's natural inflammatory response. Adults should take 2-3 capsules every 4 hours for a few days. (Ibuprofen is recommended over Tylenol due to its anti-inflammatory effects). If pain persists after a few days, the tooth may need further treatment such as root canal therapy because the decay or crack was too close to the nerve of the tooth. Please call if the discomfort persists or increases.

Temporary crowns: If you've had teeth shaped for crowns or bridges, you will have a temporary crown placed over your teeth for a few weeks while your final restoration is fabricated by a dental laboratory. Temporaries will not feel as smooth as normal teeth and may have some cold sensitivity associated with them. Avoid chewing hard or sticky foods with your temporary. Be careful with floss which can catch the edge of a temporary and dislodge it. If a temporary does come off, try to replace it on the tooth as soon as possible and call our office to have it re-cemented. If you are having trouble keeping your temporary on, and you cannot come into the office (like on a weekend), you can find temporary cement at most drug stores.

Longevity of dental restorations: Crowns and fillings are a replacement of natural tooth structure, which is the strongest substance in the human body. Realize that the same things that caused decay or breakage of the original tooth structure, can also cause decay or breakage around your fillings and crowns. Eventually fillings and crowns need replacement due to wear and bacterial leakage under the restorations. Many people need fillings replaced every 5-10 years. Crowns usually last longer, but on average need replacement around 10-15 years. Some individuals need replacement much sooner, others have restorations that outlast the average by many years. *This usually occurs in individuals who maintain their oral health with daily flossing, brushing, and regular dental cleanings.*