

ARROWHEAD LAKES DENTISTRY

Jeffrey Fellner, DDS
Ronald Shelley, DMD MAGD
20265 North 59th Avenue, Suite B5
Glendale, Arizona 85308
623-362-9616
623-362-2514 (fax)

**THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.**

CROWNS AND BRIDGES

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 should give you years of service if you will observe the following suggestions:

1. **CHEWING:** Do not chew hard foods on the restorations for 24 hours from the time they were cemented. The cement must mature for about 24 hours to have optimum strength.
2. **SENSITIVITY:** Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks. Occasionally, sensitivity lasts longer than 6 weeks. Please tell us if this occurs.
3. **AGGRESSIVE CHEWING:** Do not chew ice or other hard objects. Avoid chewing very sticky foods such as "hard tack" or sticky candy because they can remove restorations.
4. **GUM TISSUE LEVEL:** The attachment of the gum tissue is unpredictable around the margins of the crowns or bridges. Occasionally, the gum may recede exposing the margin of the crown or bridge.
5. **PREVENTIVE:** To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please brush and floss after eating and before bedtime.
6. **RECALLS:** Visit us at regular six-month examination periods. Often problems that are developing around the restorations can be found at an early stage and corrected easily, while waiting for a longer time may require redoing the entire restoration. **INADEQUATE RETURN FOR EXAMINATION IS THE MOST SIGNIFICANT REASON FOR PROSTHESIS FAILURE.**
7. **PROBLEMS: IF ANY OF THE FOLLOWING CONDITIONS OCCURS, CONTACT US IMMEDIATELY TO AVOID FURTHER PROBLEMS:**
 - A. A feeling of movement or looseness in the restoration.
 - B. Sensitivity to sweet foods.
 - C. A peculiar taste from the restorations.
 - D. Breakage of a piece of material from the restoration.
 - E. Sensitivity to pressure.

We have done our best to provide you with the finest quality oral restoration available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity. If you have any questions, please contact our office.