



valley DENTAL health

Permanent Crown Post-Op Instructions

Follow all home care instructions exactly as provided by your dentist. Your follow up hygiene appointments are important to the success of your treatment. Please keep all scheduled appointments so that we can monitor the health of your teeth and gums.

With regular hygiene appointments, your permanent crown should last many years.

You can chew on your crown immediately, but it is advisable to chew on the opposite side for one to two days, to allow the nerves to heal following treatment.

It is not uncommon for the permanent crown to be slightly sensitive to cold/hot foods for up to three weeks following treatment.

A balanced bite is important to the success of the restoration and overall health of the mouth. Please inform us if you feel like you have a “high” bite on your new crown.

Even with a perfectly fitted crown, it is important to floss the margins next to the gum line below the contact area to prevent periodontal disease and dental decay.

**If you have any questions or concerns - big or small, contact our office:
410.666.1178**

For more information, please visit our website www.valleydentalhealth.com