

# Homecare— Permanent Crowns



*Avoid chewing until numbness wears off*



*Use desensitizing toothpaste*



*Rinse with warm salt water*

Now that we've placed your permanent crown, it's important to follow these recommendations to ensure its success:

## **Chewing and eating**

If we used an anesthetic during the procedure, avoid chewing until the numbness has completely worn off.

To protect your crown, avoid chewing ice or other hard objects.

## **Brushing and flossing**

Brush and floss normally, but if your teeth are sensitive to hot, cold, or pressure, you can use a desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

## **Medication and discomfort**

Take antibiotics or other medications only as directed.

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.

## **When to call us**

Call our office if your bite feels uneven, you have persistent sensitivity or discomfort, or if you have any questions or concerns.