

CROWNS OR BRIDGES (Fixed Prosthesis)

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. Infrequently, sensitivity lasts longer than six 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" candies because they can remove restorations.
4. **PREVENTIVE PROCEDURES:** To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, *please use the following preventive procedures that are checked:*
 - a. Brush and floss after eating and before bedtime.
 - b. Swish vigorously for at least 30 seconds *daily with one* of the following fluoride rinse products:
(1) Colgate Fluorigard or (2) Johnson & Johnson Act. The best time is immediately before bedtime.
 - c. Use fluoride gel such as Colgate PreviDent or _____ as advised by us.
(This product requires a prescription from us.)
 - d. Use a Water-Pik as advised by us.
 - e. Use an 'automatic' toothbrush as advised by us.
5. **RECALLS:** Visit us for regular six month examinations. Often, small problems that are developing around the restorations can be found at an early stage and corrected easily, but waiting for a longer time may require redoing the entire restoration. **Inadequate return for examination is the most significant reason for prostheses failure.** We will contact you when it is time for your recall appointment.
6. **PROBLEMS: If any of the following conditions occur, contact us immediately to avoid further problems:**
 - a. Movement or looseness in the restoration.
 - b. Sensitivity to sweet foods.
 - c. A peculiar taste from the restoration site.
 - 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 of oral restoration available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity. Thank you.