



IDEAL DENTAL

CROWNS POST TREATMENT

Avoid sticky or chewy foods for some days.

Shift the bulk of your chewing to the opposite side of your mouth.

Avoid chewing hard foods (e.g., raw vegetables), which can dislodge or break the crown.

It is important to keep anything very sticky or crunchy away from the crown, for a few days. Besides that, you may eat to your comfort level after the anesthetic is worn off. The gum and tooth may be tender in the area that the work was done, and sometimes it can be helpful to stick to a softer diet for the first few days after a crown.

The crown and gum may be tender or sensitive for the first few weeks while the gum is healing from the work done.

You must avoid eating the following features:

ice, very hard cacahuates, sticky foods, meat containing small bones, pens, pencils, your nails, cigarette



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If you tighten your mouth during the day or night, we recommend you to notify the clinic to provide a guarantee acetate for restorations this will prevent that your teeth is fractured or that appears certain toothache after you have changed or placed the new restoration.

We recommend you to go to a review every 6 months, which allows the restorations to be pulsed and may have greater durability.

Another recommendation of high importance is the brushed, which must be minimum 3 times a day, as otherwise, even if you have your fully new restorations if you do not clean themselves can be formed again unto themselves or appear a new caries in another area of the tooth.

Maintaining a good brushing technique and good bucal habits shall maintain in better state your restorations.

If you have any doubt do not hesitate to call us

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