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Take Home Instructions for Cementation of Crown/Veneer/Bridge

You have had your final restoration cemented permanently

Use Caution Immediately after appointment

If anesthetic has been used, your lips and/or tongue may be numb for several hours after the appointment.

Until the numbness has completely work off, avoid:

- any chewing
- hot beverages

It is very easy to bite or burn your lip or tongue while you are numb.

Home Care after appointment

- It is important to brush normally. Daily flossing is very important.
- Any swelling and/or discomfort in the area of the injection is common. Warm salt water rinses (a teaspoon of salt in a cup of warm water) three times a day will help to reduce discomfort and inflammation.
- If you experience muscle or jaw discomfort, please use a warm or cold compress to aid in relief (whichever one provides you better relief). Use the compress for 10 minutes 3 times per day.

Sensitivity

- It is normal to experience some temperature and pressure sensitivity after treatment. The sensitivity should subside within a few weeks after the placement of the final restoration.
- An over the counter medication such as Tylenol or Ibuprofen (Motrin) every 3-4 hours should ease any residual discomfort.

If your bite feels uneven, if you have persistent pain, or if you have any other questions/concerns, please call our office at 925-689-2585.