



## Redwater Dental Clinic

4940 48 St, Redwater, AB | 780-942-4691 | redwaterdentalclinic.com  
Text us at 855-577-1105

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### POST CROWN PROCEDURE INSTRUCTIONS

*Please read and keep this sheet for reference.*

#### What to Expect After Your Procedure

Crown appointments involve shaping the tooth and placing a temporary or permanent restoration. Some post-procedure effects are normal:

- Sensitivity to temperature, pressure, or sweet foods — especially in the first few days.
- Gum soreness or tenderness around the prepared tooth where the crown meets the gumline.
- A feeling that the crown is “new” or slightly different — your bite and tongue will adapt within a few days.
- Mild soreness in the jaw from keeping your mouth open during the appointment.

#### If You Have a Temporary Crown

Temporary crowns protect your prepared tooth while your permanent crown is being fabricated. They require special care:

- Avoid sticky or chewy foods (gum, caramel, taffy) — these can pull the temporary off.
- Avoid hard foods (nuts, ice, crusty bread) that could crack or dislodge the temporary.
- Chew on the opposite side of your mouth as much as possible.
- When flossing, slide the floss out sideways rather than lifting it up — lifting can pull the temporary off.
- Contact us right away if the temporary comes off — leaving the tooth unprotected can cause shifting or sensitivity.
- Do not delay your permanent crown appointment — temporary crowns are not meant for long-term use.

#### If You Have Your Permanent Crown

Permanent crowns are cemented in place and are very durable. For the first 24 hours:

- Avoid very sticky or hard foods to allow the cement to fully set.
- Be aware that your bite may feel slightly different at first — this usually self-adjusts within a few days.
- Some gum sensitivity is normal as the tissue adjusts to the new crown margin.

#### Managing Discomfort

- Ibuprofen (Advil/Motrin) 400–600 mg every 6–8 hours with food for post-procedure soreness.
- Acetaminophen (Tylenol) 500–1000 mg every 4–6 hours as an alternative.
- Sensitivity toothpaste (e.g., Sensodyne) can help reduce temperature sensitivity while you adjust.

## Oral Hygiene

- Brush and floss normally around both temporary and permanent crowns.
- For temporary crowns: floss gently and slide out sideways as described above.
- For permanent crowns: brush along the gumline carefully to keep the crown margin clean and plaque-free.
- Regular professional cleanings help extend the life of your crown.

## When to Contact Our Office

- Your temporary crown has come off or feels very loose.
- Your bite feels significantly off after the freezing has worn off — we can adjust this quickly.
- Severe or worsening tooth pain that is not controlled with over-the-counter medication.
- Throbbing, spontaneous, or nighttime pain that may indicate the nerve is affected.
- Visible damage, a crack, or a chip in the crown.
- The permanent crown feels loose or moves when you bite.

### Questions or Concerns? We're Here to Help.

Call: 780-942-4691 | Text: 855-577-1105 | [redwaterdentalclinic.com](http://redwaterdentalclinic.com)  
4940 48 St, Redwater, AB | After-hours: leave a voicemail and we'll respond promptly.

*This handout is for informational purposes only and does not replace professional dental advice. Always follow the specific guidance provided by your dental provider.*