

Same-Day Crowns – Pre-Op and Post-Op Instructions

Pre-Operative Instructions

Please review the following before your crown appointment:

1. Medical History Update

- Let us know of any changes in your medical history, medications, or allergies.
- Continue taking all regular medications unless advised otherwise.

2. Eat Before Your Visit

- You may eat a normal meal before your appointment unless sedation is planned.
- For long appointments, you may wish to bring water or a snack to have afterward.

3. Plan for a Longer Appointment

- These crowns are completed in a **single visit**, so plan to be in the office for **3 hours (more if there are multiple crowns)** - takes time to make them, bring a book or something because there will be down time.
- You will leave with your permanent crown the same day—no temporary crown needed.

4. Comfort Measures Available

- If you have jaw discomfort or anxiety during long dental visits, let us know. We can offer bite rests and breaks.
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Post-Operative Instructions: After Your CEREC Crown Placement

Your new ceramic crown is bonded and fully set before you leave the office. However, some post-op care is still important.

1. Numbness

- Local anesthesia may take several hours to wear off.
- Avoid eating or drinking hot beverages until numbness fully subsides to prevent accidental biting or burns.

2. Bite Sensation

- After numbness wears off, check your bite.
- If the crown feels “high” or your bite doesn’t feel natural, contact us. A quick adjustment may be needed.

3. Sensitivity

- Mild sensitivity to temperature or pressure is common for a few days up to 2–3 weeks.
- This is normal as your tooth adjusts. Sensitivity should gradually decrease.

4. Gum Soreness

- You may have slight gum tenderness around the crowned tooth. Rinse with warm salt water (1 tsp salt in 8 oz water) 2–3 times a day to help healing.

5. Chewing

- You may chew normally on your CEREC crown once the numbness is gone.
- Avoid very sticky or hard foods (e.g., taffy, ice, hard nuts) for the first 24 hours to allow the bonding cement to fully set.

6. Oral Hygiene

- Brush and floss normally.
- Floss carefully around the crown. Do not snap the floss—slide it gently out to avoid stressing the margin.

Crown Longevity and Maintenance

- Maintain regular dental check-ups and cleanings.
- A nightguard may be recommended if you grind or clench your teeth (bruxism).

Contact Us If You Experience:

- Persistent pain or pressure beyond 2–3 weeks
- A crown that feels loose or comes off
- Swelling or signs of infection
- Difficulty chewing or an uneven bite