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Post-Operative Instructions After Crown Cementation

1. **Avoid Eating or Drinking Immediately:**
Do not eat or drink for at least 1-2 hours after the procedure to allow the cement to set properly.
2. **Soft Diet:**
For the first 24-48 hours, stick to soft and lukewarm foods. Avoid hard or sticky foods (such as chewing gum, ice, or hard nuts).
3. **Avoid Chewing on the Treated Side:**
Try not to chew on the side where the crown was placed for a few days to allow it to settle and to prevent putting pressure on the crown.
4. **Cold/Hot Sensitivity:**
Some mild sensitivity to hot or cold may occur, which is normal and should subside in a few days. If it becomes severe, contact your dentist.
5. **Pain or Discomfort:**
Mild pain or discomfort is common after the procedure. Over-the-counter pain relievers like Advil or Tylenol can be taken if needed. If the pain persists or becomes severe, consult your dentist.
6. **Oral Hygiene:**
Continue brushing your teeth regularly but be gentle around the crown area. Avoid brushing too hard. You can also floss around the crown but do so gently to avoid disturbing the cement.
7. **Avoid Hard Foods for a Few Days:**
Avoid eating hard foods (such as ice, candies, or tough meats) that may damage the crown.
8. **Temporary Sensitivity:**
Some temporary sensitivity may occur around the crown area, but it should improve within a few days. If the sensitivity persists or worsens, contact your dentist.
9. **Regular Follow-ups:**
If you experience any discomfort, or if the crown feels loose or out of place, contact your dentist for a follow-up appointment.
10. **Avoid Clenching or Grinding Teeth:**
If you have a habit of clenching or grinding your teeth (bruxism), ask your dentist about getting a night guard to protect the crown.
11. **Prolonged Pain or Discomfort:**
If you experience prolonged pain or if the crown becomes loose within 1-2 weeks, contact your dentist immediately for an assessment.