Clear Dental
cosmetic dentistry and invisalign

中文 02 9283 6220
info@cleardental.com.au · cleardental.com.au

AFTERCARE INSTRUCTIONS · RESTORATIVE DENTISTRY

CD-P13

After your Ceramic Restoration

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME

DATE OF TREATMENT

TREATING DENTIST

NEXT APPOINTMENT

Dear patient,

Your tooth has been prepared and/or your restoration has been fitted. These instructions apply to crowns, bridges and onlays.

01 While numb

- Numbness usually lasts 2 to 5 hours. Do not eat, chew or drink anything hot until feeling returns, to avoid biting or burning your lip, cheek or tongue.
- Supervise children closely. Children often chew or suck a numb lip, which causes painful swelling and ulcers.

02 If you have a temporary

- Temporary crowns are made from softer material and held with weak cement so they can be removed easily. They can break or come off.
- Avoid sticky and hard foods (chewing gum, caramel, nuts, ice) and chew on the other side where possible.
- When flossing, slide the floss out sideways rather than pulling it up, so the temporary is not lifted.
- If the temporary comes off, keep it and call us. It protects the tooth and stops teeth moving, so it should be re-cemented within a day or two. You can push it back on with a little toothpaste or denture adhesive as a short-term measure.

03 After your final restoration

- Mild sensitivity and gum tenderness for a few days are normal. Use a sensitive-teeth toothpaste and warm salt water rinses.
- Your bite may feel slightly different for a day or two. If it still feels high or uneven after 3 days, call us. An unadjusted high bite can damage the tooth.
- Brush twice daily and floss or use interdental brushes daily, especially where the crown meets the gum.
- If you grind your teeth, wear your night guard.

Call us if you have

- Your temporary or new restoration comes off, cracks or feels loose
- Your bite feels high after 3 days
- You have throbbing pain, pain that wakes you, or swelling

Emergency: If you have difficulty breathing or swallowing, rapidly spreading swelling, or bleeding you cannot control, call 000 or go to your nearest hospital emergency department.

→ Follow-up

Attend your fit appointment as booked. Leaving a tooth in a temporary for too long risks decay, fracture and tooth movement.

Warm regards,
The Clear Dental team

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We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.