



POST-OPERATIVE CARE INSTRUCTIONS

Ceramic Crown / Onlay

You have just received a ceramic crown or onlay — a custom-crafted restoration designed to protect, strengthen, and restore the natural appearance of your tooth. Please follow these instructions to ensure a smooth recovery and protect your new restoration.

TEMPORARY VS. PERMANENT RESTORATION

Your care instructions differ depending on whether you received a temporary or permanent restoration today:

TEMPORARY CROWN/ONLAY	PERMANENT CROWN/ONLAY
• Avoid sticky or chewy foods (gum, caramel, taffy) — they can pull the temporary off • Avoid hard or crunchy foods on the treated side • Floss carefully — slide out sideways rather than pulling up, which can dislodge the temporary • If the temporary comes off, call us right away — do not leave the tooth unprotected • Some sensitivity is expected — the temporary is not sealed as tightly as the permanent	• Your permanent restoration is cemented securely — normal eating is fine once numbness resolves • Brush and floss normally, including around the crown margin at the gumline • Some sensitivity to temperature or pressure in the first 1–2 weeks is normal • Avoid very hard foods (ice, hard candy, popcorn kernels) long-term to protect your ceramic

WHAT TO EXPECT AFTER TREATMENT

It is normal to experience some or all of the following:

- Gum tenderness and soreness around the treated tooth for 3–5 days
- Tooth sensitivity to hot, cold, or sweet foods — typically 1–4 weeks for a permanent crown; longer if a root canal was not performed and the nerve is still present
- Numbness or tingling in the lips, cheek, or tongue for 1–3 hours after your appointment
- A slight awareness of the restoration when biting — your mouth will usually adapt within a few days

EATING & DRINKING

- Wait until numbness has completely worn off (2-3 hrs) before eating to prevent accidental biting of the cheek or tongue.
- For permanent ceramic restorations, chew on the opposite side for the first 24 hours while the final cement fully sets.
- Avoid chewing ice, hard candy, popcorn kernels, and hard crusty bread on the restored tooth.
- Hot and cold sensitivity is common early on — choose lukewarm foods and beverages if needed.

PAIN & DISCOMFORT MANAGEMENT

- Over-the-counter pain relievers such as ibuprofen (Advil®, Motrin®) or acetaminophen (Tylenol®) taken as directed are effective for most patients.
- A cold compress applied to the outside of the cheek — 10 minutes on, 10 minutes off — can help with swelling during the first 24 hours.
- Sensitivity toothpaste (Sensodyne® or similar) used in place of your regular toothpaste can reduce temperature sensitivity.
- If pain is severe or increasing rather than improving after the first few days, contact our office.

BITE & OCCLUSION

Checking your bite after crown placement is critical. An uneven bite is the most common cause of post-crown discomfort.

- When you bite and chew, your teeth should come together evenly and comfortably on all sides.
- If your crown feels too high, too low, or causes discomfort when biting, call us — bite adjustments are quick, painless, and at no charge.
- Numbness during your appointment can make it difficult to accurately feel your bite. Check it carefully once the anesthetic fully wears off and contact us right away if anything feels off.
- Do not wait — an uneven bite can cause significant pain, cracking, or damage to surrounding teeth if left uncorrected.

CONTACT OUR OFFICE IF YOU EXPERIENCE:

- Severe or worsening pain not relieved by over-the-counter medication
- A bite that feels high, uneven, or uncomfortable after numbness resolves
- The temporary or permanent restoration feels loose, cracked, or falls out
- Swelling, fever, or signs of infection around the treated tooth
- Persistent sensitivity or pain lasting more than 4 weeks
- A visible chip or fracture in the ceramic

YOUR FOLLOW-UP & ONGOING CARE

If you received a temporary crown or onlay today, your permanent restoration appointment is already scheduled. In the meantime:

- Protect the temporary as described above and contact us immediately if it comes off.
- At your permanent placement appointment, we will check the fit, bite, and appearance before final cementation.

For your permanent restoration, we recommend:

- Routine dental exams and professional cleanings every 6 months — proper maintenance significantly extends the life of ceramic restorations.
- Let us know at each visit if you notice any changes in sensitivity, fit, or appearance of your crown or onlay.

Questions or Concerns? We Are Here to Help.

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Thank you for trusting us with your care. We look forward to seeing you at your next visit!