**Post-Operative Crown and Bridge Instructions**

* **Do not** eat any sticky foods such as candy, gum, caramel, taffy, etc., that may cause your crown/bridge to come off.
* **Do not** eat any hard foods such as ice, nuts, etc., that may cause your crown/bridge to break.
* **Brush and floss** daily. Keeping the area clean from plaque and food will allow proper healing. When flossing, pull your floss through, not up or down. This prevents the crown/bridge from popping off.
* Mild to moderate soreness of gums and teeth are normal after treatment. Warm salt-water rinses, (twice a day or as needed), may speed healing and relieve minor gum discomfort. If symptoms continue or worsen, please use our Walk-in Clinic to be evaluated. **Walk-in Clinic hours are Monday - Friday, 10:00 a.m. – 12:00 p.m. and 1:00 p.m. – 2:00 p.m.**

If your crown or bridge comes off, please call our clinic to schedule a time to have it fixed.

If you have any questions, (or if you would like to speak to a Dental Assistant) please call **(828) 299 – 2513**.If after hours, please leave a voice message with your name, telephone number, last 4 digits of your social security number and one of our staff members will return your call the next business day. You can also contact us through Secure Messaging.



Approved by the Veteran Education Workgroup: July 2020