

# Gentle Dental

## INSTRUCTIONS

### Post-Crown Preparation

- You **can** eat or drink once the freezing wears off, usually **1-2 hours later**, and start with a soft diet.
- **Do not** chew sticky or crunchy foods on the temporary crown.
- It is normal to have some soreness in the gums around the tooth for **2-3 days** following the procedure. An analgesic such as Tylenol or Ibuprofen (if you are medically able to take) will help reduce your discomfort.
- Please brush the temporary crown like your other teeth, but **avoid** flossing around that tooth.
- If your bite feels **high** or the **temporary crown comes out/breaks** please be sure to call our office for a simple adjustment appointment at **#604-371-0801**.