

COX & MIRANDA, DDS
777 WELCH ROAD, STE H.
PALO ALTO, CA 94304

POST OP CARE INSTRUCTIONS FOR CROWN PREP & IMPRESSION

- **Your tooth/teeth area will be a little sore around the prep area(s) for 7–10 days. The soreness will mostly be around the gum tissue.**
- **Your jaw may be a little sore due to the anesthetic injections.**
- **Try to cleanse the area by using warm salt water for the next few days.**
- **When brushing or flossing your teeth, gently brush for the next few days. Try to avoid any vigorous stimulation on your gums. This will help the gums heal a lot quicker.**
- **Take 2-3 tablets of either, Motrin or Advil, every 4–5 hours or Aleve twice a day for the first few days. This will help with any discomfort or inflammation you may have.**
- **If you're unable to take any of these items listed above, then take Tylenol. However, it will not help with the inflammation.**
- **The personalized restoration (temporary crown) is only placed with temporary cement. Hard crunchy or sticky foods could displace or break the temporary crown and should be avoided.**
- **It is best to eat soft foods and to avoid vigorous chewing around the prepared area, as the prepped tooth needs to heal.**
- **If you have any throbbing pain over the next 24 hours, please call (650) 326-7257 to be seen and be further evaluated.**
- **If the pain begins after hours, then call the appropriate doctor's emergency cell:**
 - **James Cox, (650) 888-6658,**
 - **Dr. Cristian Miranda, (415) 250-3037**

October 21, 2011