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Post-Operative Care Instructions: Crown Prep & Impression

- Your tooth/teeth area will be sore around the treated area(s) for 7 to 10 days, mostly around the gum tissue.
- Your jaw may also be a little sore due to the anesthetic injections.
- Try to cleanse the treated area by using warm salt water rinses for the next few days.
- When brushing or flossing your teeth, brush gently for the next few days. Avoid vigorous stimulation of the gums for the next few days. This will help the gums heal more quickly.
- Take 2-3 tablets of ibuprofen (either Motrin or Advil) every 4-5 hours, (or Aleve twice a day), for the first few days. This will help with any discomfort and inflammation you may have.
- If you are unable to take any of the above medications, Tylenol can be used for the pain, but will not help with the inflammation.
- The personalized restoration (temporary crown) is initially placed with temporary cement only. 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 excess chewing around the treated area, as the prepped tooth and gums need to heal.
- If you have throbbing pain over the next 24 hours, call the office at (650) 326-7257 as you may need to be seen and further evaluated.
- If you need to reach us outside of regular office hours, call your doctor's emergency cell:

Dr. Cox: (650) 888-6658

Dr. Miranda: (415) 250-3037