

Congratulations on your new crown! Because your restoration has been bonded directly to your tooth, it is structurally integrated and ready for use almost immediately. However, your surrounding gum tissue needs a short period to heal.

Eating & Drinking

- **Wait for Numbness to Wear Off:** Do **not** eat or drink until your anesthesia has fully worn off. This prevents accidental biting of your tongue, cheeks, or lips while you lack sensation.
- **Resume Normal Diet:** Once the numbness is gone, you may resume normal eating and drinking.

Gum Healing & Care

- **"Pizza Burn" Sensation:** It is normal for the gums around the new crown to feel sore, tender, or raw—similar to the feeling of a "pizza burn".
- **Slight Bleeding:** You may notice minor bleeding or pink-tinged saliva for the first 24 hours. This is expected because the **gum tissue was manipulated and a laser was used** to ensure a precise fit for your crown.
- **Recovery Timeline:** These symptoms should improve steadily each day. To soothe the area, you can rinse gently with warm salt water (1/2 teaspoon salt in 8 oz of water) several times a day.

Pain Management

- **Over-the-Counter Relief:** To manage discomfort or gum soreness, you may take over-the-counter pain relievers such as **ibuprofen** (Advil, Motrin) or **acetaminophen** (Tylenol).
- **Usage:** Follow the instructions on the packaging. These are often most effective when taken before the anesthesia completely wears off.

Hygiene

- **Brushing & Flossing:** You can brush and floss normally right away. Use a soft-bristled toothbrush and be gentle around the new crown while the gums are still tender.

When to Call Our Office

Please contact **our office at 203-746-1200** if:

- **Symptoms Worsen:** Pain, swelling, or bleeding increases instead of getting better after the first few days, or severe sensitivity to hot or cold that lasts longer than one week.
- **Uneven Bite:** Your teeth do not come together normally or the crown feels "high" once the numbness is gone.