

Dr. Vasudha Narra
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Dr. Erina Sadykov



Emergency Line:
Thunderbird: 602-439-1101
Olive: 623-931-9221
After hours and weekends, messages
are checked every hour

Post Op Crowns (Dental Caps)

Congratulations! You've successfully completed your dental treatment! It is now important for you to protect it! The following instructions are provided to create a more comfortable experience after your visit as well as to inform you of how you can protect your new crown restoration and your smile.

When can I eat after getting a crown done?

If you had local anesthesia, the numbness will last for about 2-4 hours. Please wait until the numbness wears off completely before eating to avoid biting your tongue or cheek.

Even though your crown is permanently cemented on and cured with a UV light before leaving our office, you should avoid chewing directly on your new restoration for the first 24 hours as the cement continues to harden. *(If you had crown restorations done on both right and left sides of your mouth a soft diet is advised for the next 24 hours to allow the cement to fully set up)*

Will I experience any discomfort with my crown?

Experiencing some sensitivity to heat, cold and pressure after your appointment is normal. This sensitivity should go away after a few days or weeks but may persist longer. Please do not hesitate to contact our office if your sensitivity worsens over time. Should you experience lingering sensitivity to cold or hot, spontaneous pain that occurs anytime, severe pain to chewing, or swelling please do not hesitate to contact our office.

My gums hurt is this normal?

Soreness in your gums for several days is common after dental procedures. Warm salt water rinses can alleviate discomfort and swelling in the gums (one teaspoon of salt per one cup of warm water).

Is Jaw soreness normal?

Jaw soreness is common after dental procedures due to your mouth being open during treatment. Taking an analgesic, such as, Advil or Motrin before the numbness wears off may help increase your comfort. Follow instructions on the package. Applying ice to your jaw can help alleviate discomfort as well.

Should my tooth like it's hitting before the rest of my teeth, is this normal?

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If your bite continues to feel unbalanced or if you feel your new crown restoration touches first, please call our office right away for a simple adjustment. Do not delay as an uneven bite will not self-correct and may cause your tooth to become very sore.

How long will my crown last?

Chewing on very hard substances, such as, ice or hard candy, opening packages with your teeth, biting pens or nails and teeth clenching or grinding will cause microscopic fractures that will eventually cause your crown restoration or your natural teeth to chip or break. If you clench or grind your teeth at night, a Nightguard may be needed to assure optimum longevity.

How do I make sure my crown last?

While a portion of your tooth is now covered by your crown restoration, the underlying tooth is still vulnerable to new decay, especially at the interface between the tooth and the new crown restoration. Therefore, more treatment may be needed on the same tooth or your crown restoration may need to be replaced in the future if proper hygiene is not followed. Please make sure to keep up with proper maintenance, home care and necessary dental cleanings to protect your oral health.

If your restoration ever becomes loose or comes off, please call our office immediately. Delaying may cause teeth to shift and require a new crown restoration.

If you have additional questions please do not hesitate to call any of our office.