

**COOLEYSMILES**  
GENERAL & COSMETIC DENTISTRY  
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CROWNS AND BRIDGES

*You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth and should give you years of service if you observe the following suggestions:*

**CHEWING:** Do not chew hard foods on the restorations for 24 hours after they were cemented. The cement should mature for about 24 hours to have optimum strength.

**RECALLS:** Visit us at your regular hygiene period. Often any problems that are developing around restorations can be found at an early stage and corrected easily. Waiting for a longer time, may result in redoing the entire restoration. We will notify you of your recall appointment.

**SENSITIVITY:** You may experience mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks.

**AGGRESSIVE CHEWING:** Do not chew ice or very hard objects. Avoid chewing very sticky or "hard tack" candy because it can remove the restorations.

**PREVENTIVE PROCEDURES:** To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures that are checked.

- A. Brush and floss after eating and before bedtime.
- B. Brush with 1.1% Sodium Fluoride toothpaste dispensed by us or by prescription.
- C. Use a 0.4% stannous fluoride gel after brushing.... before bedtime.
- D. Use bridge cleaners as advised by us.

**PROBLEMS: IF ONE OR MORE OF THE FOLLOWING CONDITIONS OCCURS, CONTACT US IMMEDIATELY TO AVOID FURTHER PROBLEMS.**

- A. A feeling of movement or looseness in the restoration.
- B. Sensitivity to sweet foods.
- C. A peculiar taste from the restoration site.
- D. Breakage of a piece of material from the restoration.
- E. Sensitivity to pressure.

*We have done our best to provide you with the finest quality restorations available. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.*

*Thank you,  
Dr. Aaron C. Cooley and Dr. Brandon E. Cooley*