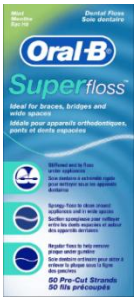
POH-MATACIO D.D.S. INC.

Your Post-Op Instructions

IMPLANT CROWNS

We hope you're doing well after your implant crown appointment. The implant you have is now restored. However, its integrity is different than a natural tooth; therefore, it is up to you to maintain it by being mindful of proper care for the implant crown. You invested in your teeth, so it is important to develop an advanced hygiene routine to keep up the work!

- Care for your new crown with proper brushing and flossing. It is important to keep the edges of the crown clean at the gum line to avoid bacteria buildup around the implant and surrounding teeth. For best hygiene results, it is recommended to use super floss (pictured below).
- It is highly recommended to care for your implant crown with a Waterpik water flosser with a Pik Pocket tip, which will help you flush out the area around the implant and under the gumline. (All items pictured).







- Your anesthesia will wear off in approximately 1 to 3 hours after the procedure. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until it wears off. Once worn off, if you feel the new crown is disrupting your normal bite, please give the office a call immediately. This imbalance with your bite needs to be adjusted.
- Chew on the new crown gently for the first few days as to not disturb any surrounding tissue that may be irritated from the treatment.
- You may experience some discomfort due to irritation of the area during the treatment procedures. You may also experience sensitivity to cold or pressure. This is completely normal. The possible symptoms will cease within a few days. There usually isn't a need for concern, unless the symptoms worsen.
- We recommend taking ibuprofen (Motrin). This is not for pain. Ibuprofen will help reduce the inflammation in the area worked on, and will further eliminate hot, cold and pressure sensitivity if taken as directed. If you are allergic to or cannot tolerate ibuprofen (Motrin, Advil, etc.) please advise us. Do not use ibuprofen for more than one week.
- Over the crown's lifetime, be mindful of chewing anything that may be too hard (nuts, ice, hard bread, etc.) or too sticky (candy, caramel, taffy, etc.). Be mindful of clenching or grinding your teeth, as these habits can place excessive stress on both natural teeth and dental restorations, potentially leading to wear, fractures, or damage to fillings. If you clench or grind, consider wearing a custom nightguard to help protect your teeth and restorations and extend their longevity.

Please call or text us at (707) 963-4611 if you have any questions.