

Recovering from Crowns and Bridges: Tips and Advice



Getting dental crowns and bridges can be a great way to restore your smile and improve your oral health. But the recovery process can be a bit daunting, especially if it's your first time going through it. It's natural to feel some discomfort and experience some changes to your daily routine, but there are things you can do to make the process smoother and easier. In this blog post, we'll give you some tips and advice on how to recover from getting [dental crowns and bridges](#), so you can get back to your daily life as quickly as possible.

Take it easy for the first few days

After getting dental crowns treatments, it's important to give your mouth time to heal. This means avoiding any strenuous activity for the first few days after your procedure. Plan to take it easy and rest as much as possible. Avoid heavy lifting, vigorous exercise, and anything else that might cause you to strain or jar your mouth. If you need to sneeze or cough, do so with your mouth open to avoid putting extra pressure on your teeth and gums.

Control the pain and swelling

It's normal to feel some pain, discomfort, and even swelling after getting dental crowns in Markham. This is usually temporary, but you can take steps to manage it. Over-the-counter pain relievers such as acetaminophen or ibuprofen can help reduce pain and inflammation. You might also consider using a cold compress on your face for the first few days after your procedure to help reduce swelling.

Be careful with what you eat

While you're recovering from getting dental crowns or bridges, it's important to be mindful of what you eat. For the first 24 hours after your procedure, stick to soft foods that won't require much chewing. Avoid anything too hot, cold, or spicy, as these irritate your mouth and prolong your recovery time. As your mouth heals, gradually reintroduce harder, chewier foods, but avoid anything too hard or crunchy that could damage your new dental work.

Follow good oral hygiene habits

Keeping your mouth clean and healthy is important for a speedy recovery after getting dental crowns or bridges. Follow your dentist's instructions for brushing and flossing, and use an antiseptic mouthwash to help prevent infection. Be gentle when brushing around your new dental work, and avoid using toothpicks or flossing too aggressively, as this could loosen your crowns or bridges.

Keep up with follow-up appointments

After getting dental crown treatments, your dentist will likely schedule a follow-up appointment to check how you're healing and make sure everything looks good. It's important to keep up with these appointments, as they can help catch any potential problems early on and correct them before they become more serious.

Conclusion

Getting dental crowns in Markham can be an excellent way to restore your smile and improve your oral health. While the recovery process can be a bit uncomfortable, there are things you can do to make it easier and faster. By taking it easy for the first few days, controlling pain and swelling, being careful with what you eat, following good oral hygiene habits, and keeping up with follow-up appointments, you can be back to your usual routine before you know it. If you have any questions or concerns about recovering from dental crowns and bridges, don't hesitate to reach out to your dentist or another oral health professional for advice and support. For more information, contact [Markham 7 Dental](#) today!

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