

## Temporary Crown or Bridge Post Treatment Care

During your appointment today, one or more of your teeth was prepared for a crown or bridge. A temporary crown was fabricated for each prepared tooth. **Temporary crowns** are cemented with a temporary dental cement to allow for easy removal at your next appointment. The temporary crown will not be the same shape or shade as the permanent crown due to limitations of the material. Your final restoration will be shaped and shaded to match your other teeth in both color and function.

### Until your next appointment:

- Whenever anesthesia is used, avoid chewing on your teeth until the numbness has worn off.
- You may experience sensitivity to temperature and pressure, gum soreness and slight discomfort on the tooth / teeth; it should subside after the placement of permanent crown. The more substantial your initial cavity, the higher chance for sensitivity or possible need for a root canal.
- Avoid **hard** or **sticky** foods that may dislodge temporary crowns, such as:
  - chewy breads such as bagels or French bread; chewy candies such as taffy, caramels or gum; crunchy foods such as corn nuts or popcorn kernels. Do not bite into foods such as corn on the cob or apples.
- If a temporary crown becomes loose or comes off, try to replace following the directions below

### **OR call our office**

- Rinse your mouth with warm saltwater to minimize inflammation of the gum tissue.
- Acrylic temporaries attract more bacterial plaque than natural teeth; therefore, it is important to brush normally, at least three times a day. Floss at least once a day, but floss carefully and don't pull up on the floss which may dislodge the temporary. Pull the floss out from the side of the temporary crown.
- You may experience **sensitivity to hot or cold** foods or beverages after treatment.
- Mild to moderate discomfort after dental work is common. An over-the-counter pain reliever/anti-inflammatory is recommended for patients who are able to tolerate them. (**Tylenol™**, **Advil™**, **Aleve™**, etc.) If discomfort increases, please call the office.
- If your bite feels uneven, PLEASE call as soon as possible. **An incorrect bite can lead to post op pain and temperature sensitivity.** If not adjusted in a timely manner, this will increase sensitivity and can lead to needing a root canal.

**How to Re-cement your Temporary Crown/Bridge**

1. Clean out any remaining cement from the inside of your temporary by using the end of the paperclip
2. Find the correct orientation of your temporary and try in the temporary to ensure it fits
3. Mix the cement on the white mixing pad and use the micro brush to apply the cement to the inside of the temporary
4. Use the gauze to dry off your tooth then place the temporary on the tooth and bite down on the cotton roll for 3 mins
5. Clean up any remaining cement with the other micro brush or your toothbrush