

FOOD: Please avoid eating hard, chewy or sticky foods (**i.e. ice, nuts, gum, caramels, carrots, apples, gummy bears, jolly ranchers, etc.**) If you have the temporary on a front tooth, do not bite into any foods. Break or cut your food into chewable pieces. It is best to avoid chewing on the side with the temporary.

BRUSHING AND FLOSSING: Brush area well and keep the tooth clean as normal. When flossing, pop the floss **DOWN** through the area, clean in-between, and then slide the whole piece of floss through the side. **Do not pop the floss back out as this may dislodge your temporary crown.** You can also tie a knot in the floss and slide the floss through the side to help dislodge any stubborn food particles. **Should the gums around crown temporary crown become sensitive, rinse 3 times a day with a warm salt water solution (½ tsp salt to 8 oz. water).**

IF TEMPORARY FALLS OFF: Your temporary plays an important role in protecting your tooth and holding the space for your permanent crown or bridge. **Should it need recementing or become damaged please call our office as soon as possible. Although the tooth may feel okay, the tooth can shift causing the permanent crown to not fit properly.** Should your temporary become uncemented on the weekend or while you are out of town, purchase temporary dental cement from a drugstore. **Do NOT re-cement your temporary crown with Super Glue.** Super Glue is toxic and can “burn” the tooth causing damage. Super Glue can also cause the temporary crown to break when removing the temporary.

PAIN: It is normal to have changes in response to temperature and soreness at the injection site after dental restorations. This should subside within a few days. You may experience some discomfort after the anesthetic wears off and your tooth may also feel sensitive to hot or cold until we get your permanent crown cemented in place. Any over-the-counter pain medication you take for minor aches and pains should help alleviate the pain. Ibuprofen (Advil, Motrin) is very effective for dental pain. **If your pain gets progressively worse or is causing more than mild discomfort, please call the office.**

BITE FEELS OFF: If your bite feels “off” or uneven, call us so we can make an appointment to adjust your bite. Biting too hard on this tooth can cause the tooth to ache. Please don’t feel that you can “just get used to it”. You may damage the temporary and the tooth and perpetuate soreness and discomfort.

If you have any questions or concerns, please don’t hesitate to call our office: (918)266-6470