

## **Temporary Crowns & Bridges – Home Care Instructions**

### **Chewing and Eating**

Now that we have placed a temporary crown/bridge, it is important to follow these recommendations to ensure the success of your final restoration.

If we used an anesthetic during the procedure, avoid chewing until the numbness has completely worn off prior to eating to avoid biting your cheeks or tongue. When you feel comfortable enough to eat, but you still have numbness, be careful not to bite your cheeks or tongue.

Avoid chewing for at least a half hour after the temporary is cemented to allow the temporary cement to set. Also avoid harder foods for a period of 24hrs to allow the temporary material to fully harden.

To keep your temporary crown/bridge in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

### **Brushing and Flossing**

Brush normally, but floss very carefully. Remove floss from the side to prevent removal of the temporary crown/bridge. In some cases, we may advise you to avoid flossing around the temporary. We may recommend special floss, brushes, or other cleaning aids to keep the area free of plaque and bacteria.

If your teeth are sensitive to hot, cold or pressure, use desensitizing toothpaste. If sensitivity persists beyond a few days, call us.

### **Medication and Discomfort**

Take antibiotics or other medications only as directed.

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It is normal for your gums to be sore for several days.

### **When to Call Us**

Call us if your temporary crown/bridge comes off. Save the temporary so it can be re-cemented. It is very important for the proper fit of your final crown/bridge that your temporary stays in place.

Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns. (772) 286-1606