

## Temporary Crown or Bridge Post-Operative Instructions

These are Temporary, they are designed to come out and we will put it in until the permanent crown comes in.

- **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.

Avoid chewing for at least one half-hour to allow the temporary cement to set. 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. To keep the temporary in place, remove floss by pulling it forward and away from you, instead of sliding it between the teeth. 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 increases or persists beyond a few days, call us.

- **Rinse with salt and warm water** 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 stay 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.