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Cosmetic, General & Implant Dentistry

**Post Operative Instructions for Temporary Crowns and Bridges**

**Sensitivity**

Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Ibuprofen (Advil) will help to increase your comfort.

 **Temporary**

 Having a crown or bridge made for you will take multiple appointments. A temporary crown is a plastic crown or bridge that is made the day of the crown preparation and is placed on the teeth while the final restoration is made in a lab. The temporary serves a very important purpose. It protects the exposed tooth so it is less sensitive, prevents food and bacteria from collecting on the prepared teeth, and prevents the tooth from shifting or moving, which can make seating of the final restoration more difficult. If your bite feels unbalanced or the temporary crown feels high once your tooth wakes up from the anesthetic, please be sure to call our office for an appointment for a simple adjustment.

Because temporary dental crowns are just that — a temporary fix until a permanent crown is ready you should take the following precautions
• Avoid sticky, chewy foods (for example, chewing gum, caramel), which have the potential of grabbing and pulling off the crown.
• Minimize use of the side of your mouth with the temporary crown. Shift the bulk of your chewing to the other side of the mouth.
• Avoid chewing hard foods (such as raw vegetables), which could dislodge or break the crown.
• Slide flossing material out-rather than lifting out-when cleaning your teeth. Lifting the floss out, as you normally would, might pull off the temporary crown.
• Gums may be sore for a while after treatment. Keep the area as clean as possible and you can soak (hold the water in your mouth for a while) and rinse gently with warm salted water
• Temporary crowns are not strong – they may occasionally break or come away. If this occurs, contact us immediately, bring your crown with you and we will replace it. If you cannot reach us, you can buy some dental adhesive from a pharmacist to fix the crown back in place at home, until you can visit us.
• If your temporary crown does not feel secure do not wear it while you sleep.