



Post Operative Care for Temporary Crown, Bridge, or Veneers

Temporary restorations are made by the doctor or assistant to keep your natural tooth protected, or to maintain spacing, until your next visit. It is cemented into place using “soft” cement that allows for easy removal at your next appointment. Your temporary may come out before your next visit. If it does, try to put it back into place, and immediately call the office to schedule a re-cement. Leaving a temporary out will allow adjacent teeth to shift (and your final restoration may not fit at your next visit); placing it back without cement will permit food and bacteria to reach the natural tooth structure (and it will begin to decay).

First 24 Hours

- ◆ Do not eat while numb – you can bite or burn your lips, gum tissue, or cheek.
- ◆ After numbness wears off, evaluate your bite; it should feel normal and even. Check for sharp edges and call the office if you need to schedule a quick adjustment.
- ◆ Soreness at the injection site(s) and sore jaw muscles is expected; you may use over-the-counter pain relievers to help ease your discomfort.
- ◆ Keep a soft diet and try to chew food away from the area(s) treated.

Home Care

- ◆ **It is EXTREMELY important that you rinse with warm salt water at least 5 – 7 times daily.** Add ½ teaspoon table salt to 8 oz (1 cup) warm water and rinse for 30 seconds. Rinsing will help with any discomfort caused during your visit, remove any debris, keep the gums healthy, prevent the temporary from staining and/or developing an odor.

*** Gums that are bleeding and inflamed will delay further treatment. Impressions cannot be taken and permanent restorations cannot be cemented if the gums are not in optimal condition.

- ◆ Avoid hard and sticky foods – they can cause your temporary to come out.
- ◆ Your temporary is made from acrylic and it’s not as strong as your natural teeth or a permanent restoration. If you have this temporary restoration on your front teeth, please avoid tearing into foods such as bagels or sandwiches made with hard, crusty bread.
- ◆ You may brush normally while wearing your temporary, but *do not floss the area*. Flossing can pull your temporary out!
- ◆ If the temporary breaks in any way, please call the office for an appointment to repair or re-make it.