

Temporary Restoration Instructions

A temporary crown or bridge has been placed today. It is essential that this temporary restoration be in place for the entire time before you receive your final crown or bridge restoration. It is meant to both protect your prepared tooth as well as to maintain the space and position of your teeth. Drifting of the teeth can occur if the temporary is left off. This could also cause the final crown not to fit.

Please inform us if the restoration feels “high” to your bite. If it seems that the restoration contacts before your other teeth when you chew or close, or contacts heavier than your other teeth, it can make the tooth sensitive.

The temporary cement requires about 30 minutes to set. Please do not chew during that period of time. It is advisable to refrain from eating until you are no longer numb. You may however, eat or drink anything that does not require chewing. Certain foods will stick to the temporary crown. So please refrain from chewing gum or other candies or foods that might stick to the crown—or even pull it off. Minimize use of the side of your mouth with the temporary crown. Shift the bulk of your chewing to the other side of your mouth. Avoid chewing hard or crunchy foods (such as raw vegetables or ice), which could dislodge or break the temporary crown. Please do not use a toothpick or play with the temporary crown.

Temporary crowns are not as strong as your permanent restoration. They may occasionally break or come off. If this should happen to you please call or email our office at info@mvcdds.com immediately. Please remember to bring your crown with you to the next appointment if it is still intact. Should you be unable to contact us, simply go to a pharmacy and get a small tube of Fixodent (denture adhesive). Replace the temporary crown on your tooth using a **small** amount of Fixodent to hold the temporary crown in place until you can contact us the next business day. *Caution:* If the temporary crown seems as though it will not stay in place securely, do not wear it when you sleep.

Your gum tissue may be tender for a short time after treatment. Keep gums as clean as possible to avoid further irritation. It is advisable to swish with warm salt water. Hold a mouthful at a time for five seconds on the gum area and spit out. If gums remain tender please call for a quick evaluation after one week. Remember it is important to keep the area clean—but use caution and a gentle touch. If you have to floss, remove the floss by gently pulling it out to the side (toward your cheek) rather than pulling it up between the teeth which can dislodge the temporary crown.

Please if you have any question or develop a symptom where there was none before call our office immediately. We want you to be comfortable and for this to be a relatively easy process for you.

Signature: _____ Date: _____ Staff: _____