

# Post Operative Instructions

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### Temporary Crowns



Avoid chewing and hot beverages until numbness wears off



Use desensitizing toothpaste



Rinse with warm salt water

**NOW THAT WE'VE PLACED A TEMPORARY CROWN, IT'S IMPORTANT TO FOLLOW THESE RECOMMENDATIONS TO ENSURE THE SUCCESS OF YOUR FINAL RESTORATION:**

#### **CHEWING AND EATING**

If we used an anesthetic during the procedure, avoid chewing and hot beverages until the numbness has completely worn off.

To keep your temporary in place, avoid eating hard or sticky foods. 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.

If your teeth are sensitive to hot, cold or pressure, use desensitizing toothpaste.

#### **MEDICATION AND DISCOMFORT**

If you are experiencing discomfort, take over-the-counter pain relievers. If discomfort increases or persists beyond a few days, call us.

To reduce 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's normal for your gums to be sore for several days.

#### **WHEN TO CALL US**

Call us if your temporary crown comes off. If you are unable to see us right away, place a small amount of toothpaste in the temporary crown and place it back on the tooth.

It's very important for the proper fit of your final crown that your temporary stay in place.

Call our office if your bite feels uneven, you have persistent sensitivity or discomfort, or if you have any questions or concerns

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