



## TEMPORARY CROWN & BRIDGE CARE INSTRUCTIONS

Congratulations on your first step towards your new permanent crown or bridge! Here are a few points to consider until your permanent crown or bridge is ready.

**MATERIAL:** Your temporary crown/bridge is made from an acrylic resin that is durable and strong, but you should not chew hard things like nuts or candies as these can break the temporary.

**COLOR:** The color of the plastic temporary may not resemble the permanent crown/bridge color. There are fewer color options available for these temporaries compared to permanent restorations.

**SHAPE & SIZE:** Temporaries are custom-made for each patient, but they will not match the permanent restorations design, fit and function. The main purpose of a temporary is to provide protection to the prepared teeth that will receive the permanent crown or bridge.

**TOOTH SENSITIVITY:** Your temporary will help protect the sensitivity of prepared teeth. However, it will not fit like the permanent restoration, so you may notice sensitivity to heat, cold or sweets. This sensitivity will gradually disappear after the permanent restoration is inserted.

### OTHER CONSIDERATIONS:

1. The temporary cement requires about 30 minutes to set. Please do not chew anything during this time.
2. Certain foods will stick to the temporary. Please refrain from eating any sticky foods such as chewing gum, candies or foods that might stick to the temporary or even pull it out. We use special temporary cement that allows us to remove your temporary quickly and easily. When we deliver your permanent restoration, we will use permanent cement.
3. Temporary bridges are very delicate, especially temporaries on the front teeth. Please do not bite down or into any foods with your temporary bridge. Cut your food into bite-sized pieces instead of biting down or tearing it with your teeth. Even soft bread or foods can break your temporary bridge.
4. Please do not leave the temporary out of your mouth. Without the temporary, your teeth may move and then the permanent restoration may not fit! Follow the instructions below!
5. The health of the gum around the temporary is critical in controlling bleeding and moisture during the final cementation of the permanent restoration. The gum has been slightly traumatized during the preparation procedure due to the retraction of the gums. The gum line will be sore for the first few days. Excellent hygiene is the quickest way for it to return to health.
6. Do not floss too vigorously around your temporary crown. Remember that it is important to keep the area clean - but use caution. When flossing this tooth, do not pull up through the contact point between the teeth to remove the floss. Instead, carefully and slowly pull the floss to the side to slide it out.
7. **It is imperative that you return to our office at the appointed time for your permanent crown. Failure to do so may result in the need to re-prepare the tooth and re-make the crown at your cost.**

### WHAT TO DO IF YOUR TEMPORARY CROWN COMES OFF OR BECOMES DAMAGED:

**This is not a dental emergency! If your temporary comes off or becomes damaged over the weekend or in the evening, feel free to leave a message. We will follow up with you during regular business hours.**

#### **Please follow the instructions below to recement your temporary crown:**

Your temporary crown only fits on one way. Find the proper position and use one the following products to recement. Use a very small amount of adhesive material. A little goes a long way!

- a. Toothpaste
- b. Denture adhesive (found in most pharmacies)
- c. Temporary dental cement (found in most pharmacies)

If you are not able to get your temporary recemented or it is broken, avoid chewing on that side of the mouth until you are able to return to the office for repair, remake or recementation. If your tooth is temperature sensitive, avoid very hot/cold beverages or food.