

## CROWN & BRIDGE INSTRUCTIONS

### **What foods should I avoid with the temporary?**

Avoid eating chewy sticky foods, such as gum, taffy, licorice, etc. Also, try not to eat hard foods directly on temporary as it may fracture. It is best, if possible, to chew on the opposite side from the tooth that was worked on to avoid dislodging the temporary.

### **Why do I need the temporary to stay on?**

While the custom restoration is being made, temporaries serve to protect the teeth and to help *minimize* temperature sensitivity. In addition, they help to prevent movement of the adjacent and opposing teeth so that the final crown will fit properly.

### **What should I do if my temporary comes off?**

Occasionally, a temporary crown may come off or fracture. Call us if this occurs and bring your temporary to the office so that we may re-cement or repair it. If the temporary comes off during afterhours or if you are out-of-town, you can purchase re-cementing products from the drug store and attempt to do it yourself by following the instructions.

### **Can I brush & floss around my temporary?**

You may brush your teeth and temporary crown as usual using a soft toothbrush. Do not floss temporary, as this may dislodge or loosen the temporary crown.

### **How long will I be numb?**

Your lips, teeth, cheek and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

### **Is it normal for my gums or jaw to be sore?**

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with ½ tsp of warm salt water can help to alleviate discomfort. Injection sites can be sore for several days after your appointment. Over-the-counter pain medications work well to alleviate tenderness.

### **My bite feels off, is this normal?**

If your bite feels uneven, please call our office so we can make a quick adjustment to the filling. Do not assume your bite will get better after time. The tooth may become irritated and a toothache may occur, if an adjustment is not made. It may also cause an increase in temperature sensitivity with the affected tooth.

### **Is it normal for my tooth to be sensitive?**

It is normal to experience some sensitivity to heat, cold, sweets and pressure after your appointment. This sensitivity may last from several weeks to several months' after treatment. Usually, the deeper the cavity, the more sensitive the tooth will be. Again, make sure your bite feels even.