

Taking Care of your Temporary Crown or Bridge

Chewing and eating

If you were given local anesthetic, it is best to wait until the local anesthetic wears off before eating. Avoid sticky foods like chewing gum, caramels and taffy while you have a temporary in place as these can pull the temporary off. Avoid hard foods such as raw carrots and almonds as these can break your temporary. If possible try to chew on the opposite side of your mouth as much as possible.

Brushing and flossing

Brush normally, but use care when flossing. To keep the temporary in place, pull the floss through the contact toward the gum line then release one end and then pull it out. We may recommend avoiding flossing the area of the temporary in certain cases.

If you are experiencing sensitivity, using a desensitizing toothpaste such as Sensodyne can help.

Medications and discomfort

To reduce discomfort or swelling, rinse your mouth with warm salt water rinses. Use about 1 tsp. of salt per glass of warm water. It is normal for your gums to be sore for several days.

For achiness, taking acetaminophen (Tylenol) or ibuprofen (Advil) per the package directions. If you are having pain that is not relieved by these medications, please call our office.

When to call us

Call us if your temporary crown or bridge comes off. Save the temporary so it can be re-cemented. For the proper fit of your permanent crown or bridge, keeping the temporary in place is very important. The temporary also helps to reduce sensitivity on your permanent tooth.

Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns.