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## Taking Care of Your Temporary Crown

**Chewing and Eating:** We have placed a temporary crown. It is important that you follow these recommendations to ensure the success of your final restoration.

If we used anesthetic during your procedure, avoid chewing until the numbness has completely worn off. It is easy to accidentally bite your lip or your cheek while you are numb.

Avoid chewing for at least 30 minutes to allow for the temporary cement to fully set up.

***To keep your temporary crown in place, avoid eating hard or stick foods and especially chewing gum.*** We recommend that you try to chew only on the other side of your mouth.

**Brushing and Flossing:** Brush normally, but floss very carefully. We recommend you remove the floss from the side to prevent the temporary crown from coming off.

**Medication and Discomfort:** It is normal to have some discomfort after having your tooth prepared for a crown. Warm salt water rinses can help reduce swelling and gum soreness. Tylenol or ibuprofen can be helpful in reducing discomfort. You can also use a sensitivity toothpaste if you find that your tooth/teeth are sensitive following your procedure.

**When to call us:** Call us if your temporary crown comes off. Save the temporary so we can recement it. It is important for the fit of your final crown that the temporary stay in place.

Call us if your bite feels uneven.

Call us if you have sensitivity that is increasing or if you have discomfort that lasts longer than 3-4 days.

Call our office if you have any questions or concerns.