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Instructions for Care of Dental Temporaries (“Crowns” and/or “Bridges”)

If you had a crown or bridge prepared, you most likely had a temporary crown or temporary bridge placed until the final prosthesis is made at one of our high-quality dental labs.

Care for temporaries

- **Brushing:** Brush carefully and keep the area around your temporary clean.
- **Flossing:** Unless otherwise instructed by your dentist, it is recommended to floss your temporary, though with a slightly different technique:
 - Floss between your teeth (pull up for upper teeth or pull down for lower teeth). Gently maneuver the floss to remove debris.
 - Then, pull the floss out towards the side of your mouth. To avoid dislodging the temporary, do not pull floss “up and down” between your teeth.
 - If you have a temporary bridge, you may need a floss threader to floss under the fake tooth/teeth. Please ask our staff if you have questions.
- **Eating:** Unless otherwise instructed, it is safe to chew soft foods on your temporary. However, avoid chewing foods that are firm, hard, crunchy or sticky to prevent your temporary from breaking or dislodging.

Sensitivity

It is normal to experience mild tooth or gum sensitivity with a temporary in place. However, if you experience pain that is not controlled with Ibuprofen or Tylenol, you should call our office for an evaluation. You may require further treatment to resolve the issue.

If Your Temporary Comes Off or Breaks

While temporaries are in fact “temporary” they are meant to last until the final crown/bridge is received from the lab. If your temporary breaks or comes off, please call our office (919-362-7878) to have it remade or re-cemented, so that your tooth does not become sensitive or shift.

- **If your temporary breaks:** Keep your tooth as clean as possible and call our office for an appointment to have your temporary remade.
- **If your temporary debonds/”unglues”:**
 - During normal business hours, call our office for an appointment to re-cement your temporary.
 - Outside of normal business hours:
 - If your tooth is sensitive, you can hold the temporary in place with a small amount of toothpaste (pea-sized amount).
 - If your tooth is not sensitive, keep the area clean, and save your temporary to bring to your appointment.
 - Call our office and leave a message for an appointment to re-cement your temporary.