



## **Caring for your Temporary Restorations**

The following are a few simple rules to promote healing, prevent complications, and help make you more comfortable while your permanent restorations are being created.

### **Dealing with Discomfort**

After your appointment, you may experience some minor discomfort and sensitivity. You can help reduce this by taking 2 aspirin/ibuprofen every four hours (or as directed) and rinsing with a warm salt water solution three times a day (1/2 teaspoon of salt in one glass of warm water).

### **Coping with Restoration Dislodgement**

On rare occasions your temporary restoration may become dislodged or chipped. Please avoid biting your fingernails, using your teeth as tools, eating extremely sticky foods, or chewing on ice cubes or nuts. If your temporary restoration is harmed in any way, please call our office for an appointment and bring the restoration with you.

### **Taking Medication**

We may prescribe medication to control pain and prevent infection. Use only as directed. If the medication prescribed does not seem to work for you, do not increase the dosage. If you have prolonged or severe pain, swelling, bleeding, or fever call us immediately. We will give you exact instructions on how to care for your problem.

### **Keeping Your Teeth Clean**

Do not floss around the temporary crown. When brushing, be extra gentle in the affected area. If you think there may be cement lodged in or around the gum tissue or if the tissue around the tooth continues to be sensitive after three or four days please give us a call.

### **Dislodging Your Temporary Crown**

Temporary crowns are meant to be removed easily before placing the permanent restoration. Occasionally, they do come out. If your temporary crown becomes dislodged, do not be alarmed. Call immediately for a short appointment and we will replace your temporary crown.