



Self-Care:

Temporary Crowns Bridges, Veneers

Caring for your Temporary

The temporary is placed to protect your teeth while your **custom** restoration is being created in a dental lab. It's not uncommon for a small portion of the temporary to wear away, break off, or become completely dislodged. This usually is not a problem or an emergency. Remember, it is only a temporary. However, you should take these precautions to ensure that your temporary stays securely in place:

- Allow the temporary cement / filling to set up for 1-2 hours before eating, ect.
- Avoid chewing gum and eating sticky or hard foods.
- Continue to brush normally.
- Floss carefully each day, pulling the floss out from the side as you floss next to the temporary. Lifting the floss out from the top can cause the temporary to come loose.
- When possible, chew only on the opposite side of your mouth.

If your bite feels uneven or uncomfortable, let us know so we can adjust it. It is possible for a tooth to become sore or extremely sensitive as a result of an uneven bite.

If your temporary comes off, and the tooth is extremely sensitive, rub toothpaste on it. They also sell temporary cement at drug stores that allow you to put it back on.

If you have any questions or concerns not addressed, be sure to give us a call at 303-975-6987.