



## Dr. Douglas K. Brenne

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### AFTER TEMPORARY CROWN HOME CARE

#### **Chewing and eating**

If we used an anaesthetic (freezing) during the procedure, avoid chewing until the numbness has worn off completely.

- This may last 1½ to 3 hours (depending on the type of freezing and your metabolism), the injection site may feel tender and bruised.
- Avoid chewing for 1 hour to allow the temporary cement to set.
- The temporary crown is made of plastic, avoid breaking by not eating any hard foods (eg. peanuts, popcorn)
- The temporary is also seated with temporary cement until your next appointment, it can be pulled off., avoid anything chewy or sticky (eg. gum, toffee) If possible, chew only on the opposite side of your mouth.

#### **Brushing and flossing**

Brush normally, but floss very carefully. When using string floss, seesaw (teeter-totter technique) between the temporary crown.

- if floss is difficult to get through, avoid until next visit.
- if floss goes through, remove from the side to prevent pulling off the temporary crown.

If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity persists beyond a few days, call us.

#### **Discomfort**

Take antibiotics or other medications only as directed.

Your tooth should not be sensitive due to a protective coating applied at this preparation appointment; however it is normal for your gums to be sore for several days.

#### **When to call us**

Call our office if your temporary crown comes off or 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.

Note: If your tooth has had a root canal don't worry if the temporary has come off a couple of days prior to the next visit. If the temporary has come off soon after your appointment we need to reseat it to avoid other teeth from shifting. Bring the temporary with you if you have it, if unable we can make another.