



POST OPERATIVE INSTRUCTIONS FOLLOWING TEMPORARY CROWN or BRIDGE

You have had a procedure to receive a cementable dental restoration, such as a veneer, crown, bridge, onlay or inlay. There is a temporary restoration placed until the final restoration is seated permanently.

SENSITIVITY:

- Some sensitivity to cold is not surprising since the temporary is not sealed.
- This is usually temporary and improves once the final restoration is seated. In the meantime, if it worsens and/or becomes painful, call the office.
- If your temporary comes out and the tooth has not had a root canal, slight sensitivity to water, breathing in air or temperature changes is normal as long as it is not worsening.

LOOSE:

- Since we need to be able to remove the temporary, it is placed with temporary cement which is designed with removal in mind. Therefore, it is possible for the temporary to "lift", move or possibly come out.
- If it lifts, push it back in to place and keep an eye on it as it will often stay in place.
- *If it is a temporary veneer and it is moving or loose, call the office as this is likely to come out.*
- If the temporary comes out, call the office for an appointment to reseat it. Be sure you have the temporary and let the office know if it is broken or lost.
- If you are out of town or you are unable to get to the office, then clean out the temporary and reseat with over the counter temporary dental cement from a drug store, following the directions.
- If you are unable to get the over the counter cement, then you can fill the temporary with toothpaste or vaseline and reseat, cleaning off the excess. This will simply keep the tooth covered until you can get back to our office and is not ideal for full function, so avoid eating on it.

BROKEN:

- If the temporary breaks, call the office for an appointment to remake it.

CLEANING:

- Temporaries are not as polished as porcelain and may attract debris easier than normal.
- To clean your temporary, brush normally, taking care not to loosen the temporary. Floss like normal, but pull floss through to the side and not back through the contact as this may dislodge the temporary.
- If you have temporary veneers, brush normally but gently to avoid dislodging the temporaries.
- If you have a temporary bridge, you can gently clean underneath it with an interproximal cleaner such as GUM Soft Picks or similar, being careful not to dislodge it.
- If you have a temporary bridge over a fresh extraction site, wait 5-7 days before cleaning underneath. At that time, you can *gently* clean underneath it with an interproximal cleaner such as GUM Soft Picks or similar, being careful not to dislodge it. During the healing phase, you will need to keep the area underneath the bridge as clean as possible, using regular brushing/flossing, as well as irrigation (syringe, WaterPik, salt water rinse, etc). Our office will also set up periodic appointments to check the cleanliness under the temporary bridge until the extraction site has healed and it is time to get the final impression.
- If you have multiple temporaries that are connected, you can gently clean between them with an interproximal cleaner such as GUM Soft Picks or similar.

BITE:

- The bite on your temporary should be normal when you put your teeth together. Sometimes you won't know for sure until you eat.
- If your bite feels too high, it may cause the tooth to become sensitive and/or the temporary to dislodge. Call the office for an adjustment to your bite so it feels normal.

APPEARANCE:

- Temporary materials generally are limited in their shade selection, so as life-like as we make our temporaries, they may not match adjacent teeth exactly. This is expected and will usually be corrected in the final restoration.

If you have any problems or any questions, please contact our office immediately at 423-756-4448.