

Please follow these instructions for proper temporary crown care:

Food:

Please no hard, chewy or sticky foods on the side where the temporary is. Avoid: gum, caramels, carrots, apples, gummy bears, jolly ranchers, etc. If you have a temporary on the front teeth, do not bite into any foods. Break or cut your food into chewable pieces.

Brushing and Flossing:

Brush area well and keep the tooth as clean as possible. Not keeping the tooth clean will cause gum inflammation and bleeding. Rinse with warm saltwater if your gums are sore.

When flossing, push the floss through the area, clean in-between, and then let go of one side and pull the whole piece of floss through the side. Do not pop the floss back out as this may dislodge your temporary crown. You can also tie a knot in the floss and slide the floss through the side to help dislodge any stubborn food particles.

If your temporary crown comes off:

CALL US! (520-745-0030). Although the tooth may feel "okay", the tooth can move causing the permanent crown to not fit properly. You can obtain temporary cement from a drugstore (Walgreens, Walmart, CVS). Dry the inside of the temp with a tissue or cotton swab and apply some temporary cement to the inside of the temp and place back onto tooth. Bite down firmly with some tissue folded up between your teeth. Hold for 30 seconds. Do NOT re-cement your temporary crown with Super Glue! Super Glue is very toxic and can 'burn' the tooth causing damage to the nerve. Super Glue can also cause the temporary crown to bond too well to the tooth and can cause the tooth to break when we remove the temporary.

If you are having discomfort:

You may experience some discomfort after the anesthetic wears off and your tooth may also feel sensitive to hot or cold until we get your permanent crown cemented in place. Any over-the-counter pain medication you take for minor aches and pains should help alleviate the pain. If your regular dose of over-the-counter medication does not help with the pain, you can take 500mg of Tylenol with 600mg of Ibuprofen. This combination should be just as effective as anything we can prescribe. If you cannot tolerate these medications, please call our office for further instructions.

Bite feels off:

If your bite feels 'off' or 'not even' when you bite down, call us so we can make an appointment to adjust your bite. Biting too hard on this tooth can cause the tooth to ache. Please don't feel that you can 'just get used to it'. You may damage the temporary and the tooth!