



### **Care of Your Temporary Veneers, Crowns or Bridge**

The care of your temporaries will be integral to the ease of your next appointment. The temporary restoration is meant to protect your tooth AND hold the tooth in position so the permanent crown will fit properly.

Temporary restorations are meant to come off with gentle pressure and do occasionally.

- If your temporary comes off, it can be held in place with paste denture adhesive or a little petroleum jelly until you can get to the office to have it re-cemented.
- Keeping the temporary on your tooth will maintain the space allowing your permanent restoration to fit.

By brushing and flossing as you were shown at your appointment (using the floss threader if necessary, etc), will keep the gum tissue healthy and allow it to heal beautifully making the cementation of your permanent restorations go very smoothly.

Slight sensitivity is normal while you are wearing the temporaries. This is usually not severe and calms down in a few days. If you have severe sensitivity when drinking hot drinks or when biting, please be sure to call the office.

- Avoid the following now, but these will not be a concern with your permanent smile:
- Foods that are hard or sticky
- Foods or liquids that can stain the temporaries
- Red Wine, Tea, Colas, Ketchup, Red Tomato Sauces, etc
- For front teeth with temporaries:
- Tearing food off with your front teeth (rather, cut it and chew with your back teeth)
- Nail biting, chewing pencils, pens or toothpicks
- Be diligent in your home care:
- Brush after each meal
- Floss using the floss threader (if instructed) twice a day
- While flossing be careful not to pull down (for upper teeth), not to pull up (for lower teeth) or being too aggressive.