

### After-Care **Instructions** for **Temporary** Crowns

- Avoid chewing gum, nuts, hard candies and sticky foods until the permanent crown is placed.
- Do not brush or floss too vigorously around your temporary crown/bridge. It is important to keep the area clean – but use caution. Waterpik is ok.
- Do not floss around your temporary. Floss by coming down through the top of the teeth and then remove floss by pulling it out from the side (do not floss up and down with the temporary crown/bridge).
- Rinse with warm salt water. This will help the gum tissue heal quicker (1 cup of water to 1 tsp salt)
- You can use Advil, Motrin, or Ibuprofen as directed over-the-counter for the next 2-3 days as long as you don't have any medical issues advised by your physician not to take these certain medications.
- Call our office at **928-445-9233** if you experience the feeling of the temporary crown being too high (you feel as though that specific tooth is hitting first when you bite down). It will cause a dull ache or temperature sensitivity of the tooth.
- Temporary crowns are not strong and may occasionally break or come off. If this should happen, please call our office immediately. Bring your crown with you and we will re-cement or replace it. You can also simply go to a nearby pharmacy and get some Fixodent/over-the-counter temporary cement to hold it in place until you are able to see us.
- Please do not leave the temporary out of your mouth. Without it, teeth may move and the permanent crown/bridge may not fit!

## Temporary Cementation at Home

\*Kit includes: Cup, cotton tip applicators in two pieces, square gauze, cotton rolls, cement packet.

If your temporary comes off before your cement date, clean out inside of temporary using wood end of the cotton tip applicator. Dry with cotton end.

**Step 1:** Swish mouth with warm water to remove any loose temporary cement around tooth. Make sure you practice placing on the temporary before adding cement by trying it on the tooth first. Remove and dry inside of temporary. Fold a square gauze and bite on this while mixing cement to dry the tooth. Both temporary and tooth must be dry before re-cementing.

**Step 2:** The bottom of the cup is perfect for mixing cement on. Fold cement pack in half and cut on dotted line (temporary cement is also available at most pharmacies/grocery stores). Extrude a small amount of each part of the cement, by squeezing pack (there is a white and an amber color part to the cement) you don't need much, just enough to line the inside of temporary. Mix the two parts with wood end of applicator and line inside of temp crown or crowns if more than one. Place on dry tooth and push into place gently biting to fit all the way. Bite on cotton roll while cement is setting, approximately 2 minutes.

When cement is fully set (2 minutes), gently removing any excess with wood end of applicator or toothpick.

Rinse your mouth with water to remove any remaining loose cement.

Have questions? Please don't hesitate to call our office at 928-445-9233