

## Post Operative Instructions Caring for Temporary Crowns

*Congratulations on your first step towards your new Permanent Crown! Here at Smile Design Center we take our temporary crowns very seriously. We take considerable time and effort to fabricate a custom temporary crown. Here are a few points to consider until your permanent crown is ready for cementation.*

Your temporary crown is made from an acrylic resin that is durable and strong, but there are some considerations to be aware of:

- We would like you to use your temporary crown to chew, but avoid sticky items such as **chewing gum, caramels, or taffy**. You should also not chew hard things like **nuts or candies**.
- The health of the gum around the temporary crown is critical in controlling bleeding and moisture during the final cementation of the permanent crown.
- The gum has been slightly traumatized during the preparation procedure due to the retraction of the gums. The gum line will be sore for the first few days. Excellent hygiene is the quickest way to return to health. We recommend **Double Brushing** and **Double Flossing**.
  - **Double Brushing** is starting and ending each brushing session with a thorough gum massage of the tooth with the temporary crown.
  - **Double Flossing** means to floss the temporary crowned tooth twice a day. When flossing this tooth, do not pull up through the contact point to remove the floss, but carefully and slowly pull the floss to the side to slide it out.

The temporary crown is serving an important function by protecting the preparation underneath and preventing unwanted changes to the bite. Teeth can move within hours of having a temporary off the tooth, resulting in a difficult insertion or remake of the permanent crown.

- It is normal for the prepared tooth to be sensitive, especially if uncovered. In some cases, the temporary crown may become loose and come off. In order for a perfect and stress-free fit of your future crown, please call the office right away, to re-cement the temp. In the meantime, as you make your way to the office for recementing, we recommend that you gently scrape the cement out of the crown with a small pen knife. This will allow you to place a small dab of toothpaste or fixodent in the crown and carefully seat it on the tooth (using the red dot as a reference, make sure the red dot is toward the front or opening of your mouth). Lightly check to see that your bite is correct. If the temporary crown does not stay in, please save it until you see us.

Please call us if:

- Your gum is uncomfortable or bleeds
- You have a problem with your bite, i.e., it feels “high” or “off”
- Your temporary crown becomes loose or comes off the preparation
- You have any questions or concerns