



Caring For Your Temporary Crown or Bridge

The most important thing to keep in mind when caring for your interim crown or bridge is that they are designed only to be a *temporary* placeholder until your definitive restoration is ready. Because we need to be able to get them off again while not harming your tooth underneath, they are made of plastic and put on with glue that is designed to last for only a limited span of time. As such, they are more fragile and rough than their definitive counterparts.

Keeping this in mind, we advise the following:

- Continue to brush and floss to keep you gum tissue healthy. However when you floss, please floss down as usual but ***pull the floss out the side*** around the tooth/teeth worked on so as not to pop off your temporary
- ***Avoid sticky, chewy foods*** such as gum, taffy, or caramel as these could stick to your temporary and pull it off
- We recommend waiting until your anesthetic has worn off to do any chewing ***or at least 30 minutes*** after you leave to give the temporary cement a chance to set

If your temporary does happen to crack or come off, please call us. If you are able to, please save it and bring it with you to the office so that we can put it back on again. Also, don't hesitate to call if your bite feels uneven, you have persistent sensitivity or discomfort, or have any questions or concerns.