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## **Post-Operative Instructions** **For Temporary Crowns**

We have placed a temporary crown on one or more of your teeth. These temporaries are made to look and function like natural teeth and are designed to last 4-8 weeks. However, there are a few precautions you will need to take while your temporaries are in place.

- **Avoid biting directly into hard or sticky foods** (gum, candy, apples, corn on the cob, bagels, etc.). This could loosen or weaken your temporaries. Biting into softer foods, however, is acceptable (soft sandwiches, bananas, etc.).
- **Clean your temporaries well with your toothbrush focusing on a gentle yet thorough massage at the gum line.** If your temporary teeth are connected, you will not be able to floss between them. This connection makes your temporaries stronger. You will be able to floss your permanent crown like normal teeth. If you have a single tooth temporary crown, flossing may be accomplished by sliding the floss through your teeth, pulling through the side, not back up and down.
- **If your temporary breaks or comes off, this is normally not an “emergency”.** If the temporary is still in one piece, just place either Vaseline or toothpaste or Fixodent (denture adhesive) on the inside of it and push it back into place. Then give us a call and we can re-cement the temporary crown back on. If your temporary crown is broken, leave the tooth alone (it will normally be covered with a protective layer of cement, but could still be a little sensitive. It is okay if your tooth remains like this over a weekend).
- **Use any mouth rinse as you would normally. Warm salt water rinses are also good to help with inflammation.** ½ tsp of salt in about 8oz of warm water and stir. Rinse as needed.
- **Expect to have minor discomfort in your teeth and gums following today’s visit.** It can be handled primarily with over-the-counter medications. We recommend you take: 600mg ibuprofen (3 Advil or the generic equivalent) AND 500mg Acetaminophen (1 Tylenol) every 4-6 hours as needed for pain. Take these at the same time. Studies have shown that is comparable to narcotic medication for managing post operative pain, without the same potential for nausea, dizziness, addiction, etc. If you are unable to take ibuprofen, take 500mg Acetaminophen (Tylenol) every 4 hours as needed for pain. Do not exceed 3000mg in a 24hr period. Pain typically subsides in 48hrs.

If you have any problems or questions, please call, text or email us.