

POST OPERATIVE INSTRUCTIONS FOR TEMPORARY RESTORATIONS

A temporary restoration is placed on a prepared tooth while the final restoration is being made. This temporary protects the tooth and holds its position in the interim so that when the final restoration returns from the lab it will fit perfectly.

Temporary restorations are of universal shade and size. Your final restoration will be designed to match your other teeth in both color and function.

The temporary restoration is fragile and will not be as strong as your final restoration. It's cemented with lightweight temporary cement to allow for easy removal at your next appointment.

Until your next appointment:

- If you had local anesthesia, the numbness will likely last 2-4 hours. To avoid damages to your tongue and lips you should avoid chewing until the numbness wears off.
- You may experience sensitivity to temperature and pressure, gum soreness, bleeding, and slight discomfort on the tooth/teeth; this should subside after the placement of your final restoration.
- Avoid biting into or chewing hard or sticky foods that may dislodge your temporary, such as:
 - Crispy or chewy breads (bagels or baguettes)
 - Sticky candies and gum
 - Hard crunchy foods
 - Whole apples or corn on the cob
- If your temporary becomes loose or comes off, try to place it back on the tooth and call the office to get it re-cemented. Do not leave the temporary off your tooth for a long period of time as it will cause your teeth to shift and your final restoration may not fit properly. You can try putting a dab of Vaseline, toothpaste or denture adhesive to help hold the temporary in place. Most pharmacies carry temporary dental cement that can be used until you call the office for an appointment.
- Acrylic temporaries attract more plaque than natural teeth; therefore, it's important to keep the area clean by brushing normally, at least twice a day. Floss at least once a day, but be careful, don't floss up and down as usual as this may dislodge the temporary. Pull the floss through the side of the tooth instead.
- Rinse your mouth with warm salt water (1 teaspoon of salt in one cup of warm water) to minimize inflammation of the gum tissue.
- If you bite feels uneven, please call our office for a simple adjustment. Do not delay as uneven bite may cause your tooth to feel sore.
- Mild to moderate discomfort after dental work is common. An over the counter pain reliever/anti-inflammatory is recommended for patients who can tolerate them (Tylenol, Advil, Aleve, Motrin, Ibuprofen, etc). If discomfort increases, please call our office for evaluation.

A temporary restoration is not designed for long-term use. It's important to return for your final restoration in a timely manner. If the final restoration is not cemented in time, infection, tooth decay and fracture may occur and additional dental treatment may be required or tooth may be lost.

IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.