



CARE FOR TEMPORARY RESTORATIONS

Temporary restorations are made of a resin material which will likely feel rough and pick up stains easily (unlike the permanent restorations). Below are some tips to help with their care.

AVOID:



Biting into such things as apples, steak, bagels, or other foods that require significant chewing



Do not chew gum, candy, or other sticky foods as these are likely to pull off your temporary restoration.



Home remedy mouth rinses other than the ones specifically recommended.

It is very important to be diligent about oral hygiene for these couple of weeks with temporary restorations to avoid unhealthy gums (which may delay treatment). Here are some important tips:



Do NOT floss the areas immediately around the temporary restoration. Please floss your other teeth.



Brush with a soft bristle toothbrush or be very gentle with an electric toothbrush on any temporaries.



Follow along gum line of temporary crown (both cheek side and tongue side of tooth). This helps prevent bleeding of tissue during the temporary phase of treatment.



Use Crest Pro-Health Mouthwash or Listerine Zero Mouthwash. Rinse in the morning and evening for 30 seconds each time following your brushing.



If your temporary restoration breaks or comes off contact our office. If you are traveling or unable to get to our office – you may use an over the counter temporary cement to reseat your crown. If it breaks and you are unable to reseat the crown – avoid extreme hot or cold foods and chew on the side away from the restoration. A Q-tip with vaseline may be used to coat the uncovered tooth to avoid air and other mild temperature sensitivity.

For patients with multiple temporary restorations Crown or Veneers:



It is very important to clean between your restorations daily to ensure a long lasting result with the permanent restorations. Please follow the below protocol:

- Start with using floss threaders and/or a Waterpik to first clean in between your temporary restorations. Follow this with brushing for 2 full minutes twice a day.
- Swish for 30 seconds with 0.12% Chlorhexidine (this is prescribed by Dr. Howell)



Three Days prior to the placement of your final restorations:

- Stop rinsing with the Chlorhexidine and switch to the provided syringe and tip to gently irrigate around the temporary restorations with 3% Hydrogen Peroxide (normal over the counter bottle).
- Continue to brush and floss (with floss threaders and/or Waterpik)

Please contact our office at 316-260-6220 if you feel any discomfort with your bite, are having any prolonged sensitivity with your teeth (nothing more than very mild cold sensitivity), or if your temporary restorations breaks or comes off.