



## 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 ok (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 together, you will not be able to floss. This connection makes your temps strong and virtually guarantees them from coming off. You will be able to floss your permanent crown like normal teeth. If you have a single tooth temporary, flossing may be accomplished by sliding the floss through your teeth. Do not “pop” the floss in and out like you would normally as this may “pop” off your temporary.
- **If your temporary breaks or comes off over a weekend, this is normally not an “emergency”.** If the temporary is still in one piece, just place Vaseline on the inside of it and push it back into place. Then give us a call on Monday and we will recement it for you. If your temp 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). Save the temporary pieces and bring them with you on Monday.
- **Use any mouth rinse as you would normally.**
- **Expect to have minor discomfort in your teeth and gums following today’s visit.** Over-the-counter pain medication such as Tylenol or Advil (if you can take it) is recommended. Any discomfort should subside within 48 hours.

If you have any problems or questions, please call or email us anytime. Our office number is 562-865-0517 and our email is [azlingdds@gmail.com](mailto:azlingdds@gmail.com).