



## CROWN AND BRIDGE TEMPORARIES POST-OP INFORMATION

Today you had one or more teeth prepared for a crown or bridge. As a result, you now have a temporary. **If you feel your bite is off**, please give us a call. You may only notice this as the numbness wears off. Your bite does not have to "settle in". As a matter of fact, if you continue to bite on one spot for too long, symptoms of a toothache may develop. **Adjusting your bite is a simple and quick process** and does not require getting numb again.

While you have this temporary in place, it is common to experience some cold sensitivity. Do not be worried, as long as the cold sensitivity goes away quickly. If it lingers for more than 30 seconds, please give us a call.

The **color of your temporary** does not resemble the final crown or bridge. The temporary has been placed to protect the underlying tooth/teeth and preserve their position and health.

This temporary crown or bridge will be in place for up to **6 weeks** and while on this temporary:

- Avoid eating **hard and sticky foods** (nuts, caramels and chewing gum).
- **Do not use toothpicks** around your temporary.
- **Brush and floss your teeth** for 2 minutes, twice daily.
- When **flossing around the temporary** do not go up and down with the floss. You want to pull the floss out of your mouth, thread it to the side. If you go up and down with the floss it could cause the temporary to come loose.

Not following these tips may inadvertently cause the temporary to come off. If the **temporary does come loose**, please keep the temporary in a plastic bag and call us right away. Without the temporary teeth can shift, causing the permanent crown not to fit as expected. If you cannot make it to our office within 24 hours, you may purchase **temporary dental cement** at any pharmacy. Do not use anything other than temporary dental cement. **Super Glue for example, will kill the nerve of the tooth and a root canal will be required.**

If the **temporary breaks**, call us and we will get you in for an appointment ASAP. A new temporary will be fabricated for you.

If you have any further questions or concerns, please let us know. We are here to help.

Simon A. Ramos, DMD, FAGD