



## **Temporary Crowns and Bridges**

**DIET:** Temporaries, also called provisionals, are made of acrylic (plastic), which can easily be cracked or broken by biting into hard foods, such as candy, French bread, bagels and ice. Temporary cement is used so that the temporary crown and inlays can be removed when necessary with a slight pulling pressure. Chewy or sticky foods (caramel, chewing gum, taffy, etc.) can break the cement seal and cause the temporary crown(s) to become loose.

It is important that a good cement seal is maintained. If the cement seal is broken, you will experience increased sensitivity, an odor or a squishy sound coming from saliva and bacteria getting under the temporary crown(s). Temporary Crowns must remain cemented to avoid tooth movement, decay and sensitivity. Teeth move without proper support. If the temporary crowns should come loose and/or come out, please contact our office immediately to schedule an appointment at (301) 652-2300.

**ORAL HYGIENE:** Plaque and stains accumulate more readily on plastic than on enamel; therefore, proper oral hygiene must be maintained. This hygiene should include the following:

1. Brush twice a day just as you would your own teeth. Brush longer but not harder.
2. Flossing should be done every day, concentrating around the temporary crown and under the bridged (missing tooth) area.
3. If the temporary crowns include more than one tooth, they will all be in one piece. Therefore, other aids may be necessary (a floss threader, a proxy brush, super floss and/or a rubber tip) in order to clean around the gum line. An assistant will instruct you on how to use these aids if they are needed.
4. The doctor may recommend a flouride mouth rinse to prevent decay.

**NOTE:** This temporary crown(s) is something different than what you have been used to, and a period of adjustment is expected. The temporary crown should feel comfortable and your bite should feel normal (no high spots). If there are any high spots, please make us aware of them and we will adjust them.

Slight discomfort after your appointment is normal, but any kind of lingering toothache, pain or constant throbbing without relief should be brought to our attention. If you experience anything more than moderate pain, please call us.