

Post-op Instruction for Wearing Temporary Restoration

You have just received a temporary restoration from us. There are a few advices you need to know and adhere to:

1. Your teeth may feel sensitive to thermal changes for the next few days. Avoid extreme hot or cold foods and liquids, if possible. While it is a quite normal transient issue, call us if problem persists more than 5 days or is getting worse.
2. Do not bit down or chew any hard foods or objects directly on your temporary crown or bridge.
3. Avoid sticky foods, such as caramel.
4. Brush and floss around your temporary crown or bridge as you do to your own teeth. Pull the floss sideway to remove it from between the temporary restoration to prevent it from being dislodged.
5. Use your mouth-rinse, if prescribed on a daily basis.
6. Call our office for re-cementation, if your temporary restoration falls out. Do not try to recement it yourself, using over-the-counter product. Proper seat and marginal seal of the temporary restoration are very important to insulate your underlying tooth and maintain the original space size for the final restoration to fit into.
7. Return for final delivery of your definitive restoration, as scheduled. Do not postpone or delay that appointment, as the purpose of the temporary restoration is to serve a short period of time while the definitive restoration is being made. Typically, it should be replaced by the final restoration in 2-3 weeks. Long term wear of this temporary restoration can lead of recurrent decays around the teeth they are connecting to. Besides, your teeth are constantly moving, even in by micro-millimeters. Such delay may cause improper fitting of final restoration and may incur unnecessary cost for remake on your part.