



## **Patient Care Instructions for Temporary Crowns or Bridges**

Today the preliminary part of your new crown or bridgework has been completed. Proper care of the temporary and surrounding tissues is very important. We have put together some home care instructions for you to refer to.

### **Medication**

Post-operative soreness is normal. The medicines listed below will reduce and minimize minor discomfort.

- Aspirin:** 750mg every 6 hours
- Aleve:** 275mg every 6-8 hours
- Advil:** 600-800mg every 6 hours (Advil is a brand name for Ibuprofen)
- Tylenol:** 1000mg every 6 hours (Tylenol is a brand name for Acetaminophen)

If you have been given a prescription strength medication, please take as directed. If you notice an adverse reaction to any prescribed medication, please stop taking it immediately. Call the office for a different medication as you may be having an allergic reaction.

### **Gum Care**

Brush and floss carefully to maintain cleanliness. If gums are tender to brushing and/or flossing, warm saltwater rinses will promote healing. Rise as often as possible with 1 teaspoon of salt to 8oz. of lukewarm water. Gums that are not kept clean become easily infected causing an increase in discomfort and prolonged healing.

### **Temporary Care**

It is important to refrain from chewing gum, sticky foods, or candy while the temporary is in place. If the temporary comes loose before your appointment, it can be put back in by our office, or by you. Dry the temporary, line the inside with Vaseline and reinsert it on the tooth. If this does not work, please call us.

### **Hot and Cold Sensitivity**

Sensitivity is normal, but should not last more than 10 seconds. Slight thermal sensitivity is considered normal up to 6 months.

### **Checking the Bite**

After the local anesthetic wears off, please check your bite. Occasionally the temporary feels off after full sensation returns. If this occurs, an adjustment will be needed. Please call the office for an appointment to restore your bite to normal.

**\*Please call the office if you have any questions, or need more information\***