



## Care of Mouth After Crown Prep and Temporary

1. NO hard, chewy, or sticky foods. Do NOT chew gum. Avoid chewing or eating anything until the numbness is gone.
2. If your temporary is in the front of your mouth, avoid biting into foods. Cut up your food and chew with your back teeth.
3. Brush the area normally. When flossing, pop the floss through the area, clean in between, and then SLIDE THE WHOLE PIECE OF FLOSS OUT THE SIDE. Do not pop the floss back out as you may dislodge your temporary crown.
4. If you use a Waterpik or electric toothbrush, please avoid using them around your temporary crown.
5. Please know that your temporary will feel different than your natural tooth or the permanent crown.
6. If your temporary loosens, call the office so we can recement it. If your temporary dislodges over a weekend and you're concerned about sensitivity, temporary cement is sold over the counter (use very sparingly) or you can put the temporary back on your tooth when you are not eating. Then call the office on Monday.
7. It is NORMAL to experience gum tenderness and mild sensitivity to temperature and pressure. These will resolve once your permanent crown is placed.
8. You may use pain relievers (ibuprofen or acetaminophen) for tenderness or discomfort.
9. You can rinse with warm salt water every 2-3 hours as needed for gum tenderness. To make warm salt water, mix ½ teaspoon salt with 1 cup WARM water.
10. Please call the office if you have severe unprovoked pain, pain that wakes you up from sleep, pain that lasts more than 3 days, or pain that is getting worse.

### Your Next Appointment:

1. Your crown cementation/delivery typically lasts about 30 minutes.
2. Typically, we do not use anesthetic during the crown cementation. This helps to ensure that your bite feels correct before your crown is cemented. For most people, crown cementations are painless. For some, they may have slight sensitivity when the temporary is removed and right before the crown is cemented.

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If patient uses sedation, companion must sign.)

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