



PATIENT CARE FOR TEMPORARIES AVOID

- Biting into such things as apples, steak, bagels, etc.
- Do not chew sticky, gummy candy
- No home remedy mouth rinses

NO FLOSSING

It is very important to be diligent about oral care for these few weeks with temporaries. Here are some important tips.

- Brush with a soft bristle toothbrush or use an electric toothbrush, light pressure at first.
- Follow along gum line of temporary's cheek side and tongue side of mouth. This helps prevent bleeding of tissue during temporary phase of treatment.
- Use 50/50 mix of water and 3% hydrogen peroxide. Also use saltwater to rinse. Alternate morning and evenings rinsing for 30 seconds each time.

IT IS NORMAL TO EXPERIENCE THE FOLLOWING:

- You may feel a high spot or minor rough areas. Contact us to correct.
- Sensitivity to hot and cold liquids and foods
- Your temporaries may discolor some, especially with dark colas or wines. Do not worry, your permanent veneers or crowns will not stain.

We look forward to seeing you next time SMILE!

Derek L. Martin, DMD

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Caring for Your Temporary Crown or Filling

Here are a few simple rules to promote healing, prevent complications and make yourself more comfortable after your restoration is placed.

Discomfort

After the tooth has been prepared, you may experience some minor tooth sensitivity or discomfort. You can help reduce this by taking 1 to 2 ADVIL or ALEVE every four to six hours, if there are no contraindications. Also, rinse your mouth with a warm salt-water solution 4 to 6 times a day (1/2 teaspoon of salt in an 8 oz. glass of warm tap water). This will help reduce gum soreness, if it exists.

In preparing teeth for a restoration that you require, when crowns or bridges are involved, there is always the possibility that root canal treatment may be required for any tooth. Most often, teeth are crowned because a tooth has fractured / broken or a missing tooth next to it needs to be supported. The most frequent reason we crown teeth is because deep decay needs to be removed or a large old filling has to be replaced. Consequently there is always the possibility the tooth nerve may become sensitive enough to require root canal treatment. Although we do not anticipate that this will be necessary, that potential does exist.

Medication

We may prescribe medication to control pain and prevent infection. Use it only as directed. If the medication prescribed does not seem to work for you, do not increase dosage. If you have prolonged or severe pain, swelling, bleeding, or fever, call our office immediately, and we will give you exact instructions on how to care for your problem.

Cleaning

We encourage you to brush and floss around your new temporary bridge, crown or filling. When brushing, be extra gentle in that area. When flossing, floss as usual but, on removal of the string, pull it through the space instead of popping it through the contact between the adjoining tooth and the temporary. If you feel there me by some cement lodged in or around the gum tissue OR the tissue around the tooth is still sensitive after 4 days or more please call our office.

Dislodgement of the Temporary Crown or Filling

Temporary fillings and crowns occasionally become loose. If it becomes dislodged, don't be alarmed. Retain the temporary in a safe place and at your convenience call our office for a short appointment, to have it replaced.

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