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Caring for your temporary

Today you had one or more of your teeth prepared to receive a permanent restoration whether that may be a crown, bridge, or implant. An impression was taken and will be sent to the lab so that your permanent prosthesis can be made.

This procedure may take up to 4 weeks and we have fitted you for and placed a temporary prosthesis in the mean time to protect the area until your appointment to have the permanent prosthesis placed.

Why is my temporary important?

Your temporary is important because it is protecting (covering) the sensitive dentin and surrounding gum tissue. We place the temporary to be sure that there are no changes in that area once we have taken the impression. This will help to insure that the crown, bridge, or implant will fit properly when it returns from the lab.

Should I avoid eating certain foods?

You should avoid any foods that are very chewy or hard. These foods will increase the chances that your temporary will come off. Some things that come to mind are hard or sticky candy, nuts, and bagels. Many temporaries have fallen victim to such food items.

How do I clean that area?

It is important to continue to clean the area while you have your temporary. You will want to brush the area as normal. We encourage you to continue to floss to remove any debris from between your teeth, but you do have to floss differently. When you work the floss between your teeth in that area, be gentle and always **pull the floss through your teeth down by your gums by holding onto one side** instead of pulling the floss back up/down between your teeth.

What do I do if my temporary comes off?

Sometimes your temporary will come off even if you are following all of our guidelines. Since the temporary is not as custom a fit as your permanent will be, it is much easier to dislodge. If your temporary comes off please call the office. We will most likely fit you into the schedule to recement it. It is important to let the Patient Care Coordinator that answers the phone know if the temporary is broken. It will require more time in the Dr.'s schedule to remake the temporary versus recementing it. One of our assistants may see you for this appointment.

What if my temporary causes me discomfort?

If you are experiencing discomfort in that area please call the office. Although the Doctors do everything that they can to ensure a good fit, it can be hard to tell when you are leaving how well the temporary may fit since you may be numb in that area.

We hope that these guidelines will help you to help us care for your teeth and assist us in reaching your dental goals. If you have any other questions or concerns please call our office.