



LITTLETON
Family Dental

Patient Care for Temporary Crowns

It is very important to be diligent about your oral care during the time you are in temporary crowns. Here are some important tips:

- Brush with a soft bristle toothbrush or electric toothbrush with light pressure.
- Follow along the gumline of the temporary crowns on both the cheek and tongue sides. This helps prevent irritation of the gum tissue by bacteria and will make your next visit easier and more comfortable.
- You may use warm salt water or 50/50 mixture or water and 3% hydrogen peroxide to rinse your mouth for 30 seconds at a time.

AVOID:

- Biting into hard and sticky foods, such as gum, apples, bagels, steaks, candies. These can break or dislodge your temporaries.
- Using a WaterPik around the temporaries can dislodge them. You may resume using these fantastic tools once the permanent restorations are in place. Go ahead and floss!

It is normal to experience the following:

- A high spot in your bite or minor rough areas. Contact us to correct this if needed
- Sensitivity to hot and cold
- Your temporaries may discolor slightly due to food and drink choices (coffee, tea, red wine, soda, berries, etc.). Do not worry! Your permanent restorations will not be this color and will not stain as the temporaries do.

We look forward to seeing you at your next visit.

SMILE!

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