TEMPORARY CROWN INSTRUCTIONS:

At the end of your appointment, you will be informed about the condition of the tooth as observed during the procedure.

- Please note that the presence of decay, cracks, fractures, or deep fillings in the tooth prior to treatment increases the likelihood of post-op discomfort and sensitivity to hot, cold, sweets and pressure.
- Before the anesthetic completely wears off, take 600 mg of *ibuprofen* (Motrin, Nuprin, Advil). This medication may be useful for a few days to help minimize tooth and gum discomfort. Please note, the maximum daily dose of Ibuprofen = 1200 mg.
- If your gums are tender, dissolve 1/4 teaspoon of salt in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.
- In most cases, patients typically experience only mild discomfort after a tooth is prepared for a crown. This discomfort should gradually resolve over time as long as the nerve inside the tooth is healthy.
- In the unlikely event that you experience severe or persistent pain associated with the tooth, please call the office for additional advice and instructions.

Diligent homecare is required during this process to help maintain healthy gums.

- Brush along the gumline on both sides of your temporary crown to remove plaque and food debris.
- Floss around your temporary crown **BUT** slide it out to the side when complete. **Do NOT** pull floss toward the chewing surface as you may inadvertently dislodge the temporary crown.

Eat with caution by avoiding hard, crunchy, and sticky foods such as nuts, chewing gum, and candy.

- If the temporary crown breaks or dislodges, please call the office and we will schedule a short appointment for a remake or recementation.
- If the temporary crown is intact but has dislodged and you are unable to come to the office, use toothpaste, denture adhesive (Fixodent or Polygrip), or temporary dental cement (purchase from a drugstore) to recement the temporary crown until you can contact us.
- The temporary crown provides protection and prevents movement of the prepared tooth, so it is therefore very important that the temporary crown stay in place until your final crown is cemented.

The occlusion or “bite” on your temporary crown will closely mimic the tooth prior to preparation and will be properly equilibrated at the end of your appointment.

- However, in the unlikely event that your bite feels uneven, “high”, or uncomfortable, please call the office to request an adjustment.
- If the bite is **NOT** properly balanced, you may experience mild but persistent discomfort when chewing on the tooth.

If you wear a nightguard to prevent clenching and grinding, please bring it to your crown delivery appointment.

- The internal aspect of the nightguard may need to be adjusted or relined to ensure proper fit after cementation of a crown on an upper tooth.
- The external surface of the nightguard may need to be adjusted to ensure a properly balanced “bite” after cementation of a crown on a lower tooth.