

## **Care For Your Temporary Filling**

Do keep it clean. Less plaque and food buildup makes the gums healthier. Floss gently or if instructed, use a rubber tip or proxy brush instead of flossing. It is normal to have sensitivity to cold foods.

### **Please call our office if you experience any of the following:**

- Pain or discomfort when biting or chewing, (may need to polish the filling or may have cracked the tooth or filling).
- Pain (sharp throbbing) occurs at night or when it begins suddenly and lasts more than 5 minutes.
- If the temporary comes off
- If you notice a bad odor in your mouth

Recommended replacement of the temporary with a long-term restoration:  
Fuji glass ionomer (4-8 weeks) IRM (3-8 weeks) Cavit (1-3 weeks)

## **Care For Your Temporary Crown**

Keep the gums clean. Floss daily or as directed by your dentist.

- Do not move your jaw from side to side to chew because it loosens the cement seal. Chew up and down.
- Your temp is designed for short-term use. (2-8 weeks) If your treatment will be extended, we will have the lab make a custom fitted one for you.

**Caution:** Eating sticky candy (caramel, peanut brittle, etc.), chewing on ice cubes, bones, or seafood shells will damage your temporary. If the temporary becomes damaged, bacteria can get under the filling or crown and cause recurrent decay.

For mild pain, Ibuprofen 400mg or 600mg every eight hours or Tylenol extra strength every 4-6 hours as needed. Please call the office if your bite is uneven or if something does not feel right.

If your temporary crown comes off, clean the cement off the crown with a toothpick, dry the inside, and place denture adhesive inside and wear. Call our office. You can purchase temporary cement at the Pharmacy - DenTemp

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