

Temp crown POI

Post-Operative Instructions for temporary Crowns

You have received a temporary crown(s) with today's visit, please review the following post op instructions so that you are comfortable while your permanent crowns are being fabricated:

- Avoid chewing sticky, hard foods (e.g. corn nuts, hard bread, caramel, toffee, etc) as these can break the temporary crown or have it dislodge/come off.
- It is normal to be slightly sensitive to cold water/drinks, or when biting/eating with temp crowns, this is because we have used a temporary cement which does not seal the crown like a permanent one - so do not be alarmed.
- Allow a few days for your tongue to get used to the new crown(if it is on the lower jaw). At first it may feel different due to more "nooks and crannies" on the biting surface. The plastic temporary crowns may feel rougher than usual. This is normal and your tongue will get accustomed to it, in a rare case, where it is bothering your tongue, you can call our office to check.
- Do NOT floss around the temporary (this can dislodge the temp crown) - use soft brush and lots of mouthwash to clean.
- Your gums may also be slightly sore from the procedure, this is normal and will subside within a day or so. Vitamin E and mouthwash will help.
- Expect to have minor discomfort in your teeth and gums following today's visit. Over the counter pain medication such as Tylenol or Advil is recommended. Any discomfort should subside within several days.

If you have any questions, please feel free to contact our office at 949 587-2800.

Thanks!