



# SOUTHSIDE DENTAL

LOVE TO SMILE

## What to do while wearing a temporary crown or bridge

Temporary dental crowns are just a temporary cover until your permanent crown is ready. We recommend the following to ensure that your temporary crown serves you well.

- Don't be surprised if you have some mild discomfort around the gums of the temporary or around the area where anesthesia was applied for the next couple of days. Rinsing with warm salt water will help accelerate the healing of the gums.
- For pain management, an effective pain regimen is to take **Ibuprofen (Advil) 400mg + Acetaminophen (Tylenol) 500mg** together every 4-6 hours as needed for pain. Do not exceed 2400mg Ibuprofen or 3000mg Acetaminophen daily.
- Avoid sticky, chewy foods which have the potential of grabbing and pulling off the temporary crown. Avoid chewing hard foods which could break the temporary crown.
- Brush and floss as normal but when flossing do not pull floss up between the temporary crown. Pull the floss through instead. Lifting up may cause the temporary to come off.

## What if my temporary crown comes off?

The most important thing is not to panic. If this happens, it is not an emergency but do not be surprised if the tooth is sensitive- that is normal. Call our office to make an appointment to re-cement your temporary crown at **423-265-3471**.