

# Self-Care Following a Crown Preparation

## Caring for your temporary crown

The temporary crown was placed to protect your teeth while your custom restoration is being created in a dental lab. It's not uncommon for a small portion of a temporary crown to wear away, break off, or become completely dislodged. This usually is not a problem or an emergency. Remember, it is only temporary. However, you should take these precautions to ensure that your temporary crown stays securely in place:

- Allow the temporary cement/ filling to set up for 1-2 hours before eating, etc.
- Avoid chewing gum and eating sticky or hard foods.
- Continue to brush normally.
- Floss carefully each day, pulling the floss out from the side as you floss next to the temporary. Lifting the floss out from the top can cause the temporary to come loose.
- When possible, chew only on the opposite side of your mouth.

If your bite feels uneven or uncomfortable, let us know so we can adjust it. It is possible for a tooth to become sore or extremely sensitive as a result of an uneven bite.

If the soreness or sensitivity lasts for more than 3 weeks, please call our office. If you have any questions or concerns not addressed, be sure to give us a call.