

Crown and Bridge Temporaries Post-op Information

Today you had one or more teeth prepared for a crown and now have a temporary. If you are numb it is difficult to feel how you bite your teeth together. As your mouth returns to normal you may notice high areas in your bite. These are called interferences, and should be adjusted. If you are not hitting evenly on both sides of your mouth it is very important that you call the office to schedule a bite refinement. This is an easy appointment and should take very little time and no anesthetic.

You will be wearing your temporary for up to 4 weeks.

Here are some things you should know to help maintain your temporary:

- Avoid hard, chewy and sticky foods. Examples popcorn, hard/whole nuts, toffee and chewing gum.
- Brush your teeth regularly at least 2 times a day.
- Please avoid tooth picks and floss picks around your temporary.
- Follow the floss and pull-through technique where possible.
- Cold sensitivity is not uncommon; Biting sensitivity is usually your "bite". Please call us to adjust this for you asap.

If you have any concerns, please call us at (727) 724-4227. We care about you.