

# LAKE FOREST

· DENTAL ARTS ·

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## ***Caring for Your New Temporary Veneer/ Crown/Bridge***

You have just received a temporary plastic veneer/crown/bridge that will serve you until your final restoration is made by the laboratory. Custom made to fit your teeth, it will prevent excessive sensitivity and shifting while protecting the underlying tooth structure.

A few comments that will be helpful to you:

### **COLOR, SHAPE, SIZE**

◆ The color, shape and size of your plastic temporary does not reflect the quality you can expect in your final restoration. Your permanent restoration is currently being created by a world class ceramist, following the carefully hand crafted, custom design as prescribed by Dr. Fondriest. The finest materials are being utilized for a beautiful and enduring permanent restoration.

### **CARE OF GUMS & TEMPORARY AFTER YOUR PROCEDURE**

◆ If your gum tissue is tender, rinse with warm salt water as often as you like, to soothe the tissue and facilitate healing. You may also use whatever you would normally take for a headache (ie: advil, ibuprofen, Tylenol, etc.) to manage any tissue discomfort, if needed.

◆ Chew on the opposite side of the mouth. Avoid hard, sticky foods such as bagels as they may dislodge the temporary.

◆ If the temporary comes off or your bite does not feel normal, please call us as soon as possible for a re-cement or adjustment. If your temporary has come off and you are where you cannot contact us, go to a pharmacy and purchase some Fixodent. This denture adhesive will retain the temporary restoration until you can see us. Please do not leave the temporary out of your mouth, because the teeth will shift and the final crown will not fit.

◆ Avoid certain foods/artificial food dyes which may stick to or discolor the temporary, ie: gum, coffee, tea, red wine, red juices, etc. It is best to drink these beverages through a straw. This will NOT happen with the final restoration(s) to be permanently cemented soon.

◆ Do not use whitening toothpaste or bleaching agents on temporary: as some of the chemicals in these products can chemically react with and discolor your temporary.

### **TOOTH SENSITIVITY**

Sensitivity to cold, hot or sweets is not uncommon, due to a deliberately temporary 'seal'. Please contact our office if your sensitivity increases or the temporary is uncomfortable. You may also notice a 'roughness' to the temporary crown once the anesthetic wears off. The temporary is self polishing and the 'feel' will improve in a few days. This sensitivity and roughness will NOT be present with your final restoration.

### **FLOSSING & BRUSHING**

Brush normally with your manual or electric toothbrush. Your gum tissue normally will be sore for several days after the impression procedure. Floss carefully to avoid dislodgement of your temporary. If you have a multi-unit temporary that is one piece, you will not be able to floss between these 'teeth'. Do not proxy brush around anterior temporary restorations. Proxy brush sluceways have been created between your posterior tooth temporaries.

**Our purpose and mission is to help you and to serve you. Please call if there are any questions or concerns.**

Thank you.