

# HERMITAGE

---

## D E N T A L G R O U P

### **Please follow these instructions for proper temporary crown care:**

#### **Food:**

NO hard, chewy or sticky foods on the side where the temporary is! Avoid: gum, caramels, carrots, apples, gummy bears, jolly ranchers, etc. If you have the temporary in the front, do not bite into any foods. Break or cut your food into chewable pieces.

#### **Brushing and Flossing:**

Brush area well and keep the tooth as clean as normal. By not keeping the tooth clean will cause gum disease and bleeding. Rinse with warm, salt water if your gums are sore.

When flossing, pop the floss through the area, clean in-between, and then slide the whole piece of floss through the side! Do not pop the floss back out as this may dislodge your temporary crown. You can also tie a knot in the floss and slide the floss through the side to help dislodge any stubborn food particles.

#### **If your temporary crown comes off:**

CALL US IMMEDIATELY!!! (615) 889-4658. Although the tooth may feel “okay”, the tooth can shift (move) causing the permanent crown to not fit properly.

Do NOT re-cement your temporary crown with Super Glue! Super Glue is very toxic and can ‘burn’ the tooth causing damage to the nerve. Super Glue can also cause the temporary crown to bond too well to the tooth and can cause the tooth to break when removing the temporary.

#### **Pain:**

You may experience some discomfort after the anesthetic wears off and your tooth may also feel sensitive to hot or cold until we get your permanent crown cemented in place.

Any over-the-counter pain medication you take for minor aches and pains should help alleviate the pain. If your regular over-the-counter medication does not help with the pain, please call our office for further instructions.

#### **Bite feels off:**

If your bite feels ‘off’ or ‘not even’ – call us so we can make an appointment to adjust your bite. Biting too hard on this tooth can cause the tooth to ache. Please don’t feel that you can ‘just get used to it’! You may damage the temporary and the tooth!