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Post Operative Instructions for Provisional

The following instructions are provided to inform you of the proper care of your mouth during the **temporary phase** of your crown and bridge treatment. Congratulations! You have just completed your appointment.

Upon completion of the preparation, a **plastic temporary** restoration(s) was constructed on your tooth (teeth) with a temporary cement. **It serves 3 functions:**

- Protects the tooth from sensitivity by insulating it.
- Preserves the position of the tooth in relation to the opposing and adjacent teeth. Even slight changes here can cause significant problems with the fit of your final crown.
- Esthetically restores the tooth to natural contours, permitting limited function and proper periodontal (gum) contours.

Please AVOID the following:

1. **Chewing any kind of gum or sticky candy.**
2. **Zealous flossing and brushing.** Pulling upward while engaging the edge of the temporary can pull it off. Vigorous brushing forces fluid under the edge of the temporary, washing out cement which leads to sensitivity and possible loosening.
3. **Drinking or eating extremely hot or cold foods.** This causes the cement to break down and lose it's adhesive strength. Even foods such as cold salads and hot soups can be the culprit here.
4. **Excessive chewing on the temporarized area.** Try to use the opposite side when eating meals if at all possible.
5. **Attempt to "glue" your own temporary back on with household glue (especially super glue!).**

Things to DO while wearing temporaries:

Keep the gum tissue clean. Brush and floss the area, especially the gum area GENTLY, but thoroughly. You must have ideal gum health before and during the temporary phase of treatment. Any change in gum contours due to poor oral hygiene can cause the gum to recede which destroys the beauty of the final crown. We cannot be liable for remakes when gum recession occurs due to poor oral hygiene.

1. **WARNING:** If you present with gingivitis due to poor oral hygiene at your delivery appointment, we may not be able to deliver your final crowns and will have to **send you home!** Inflamed gum tissue bleeds easily, and bleeding can contaminate the bond or become mixed with the glue to produce a pink or red color to your porcelain crowns.
2. **Call the office if:**
 - a. The temporary feels "high" or hits before the rest of your teeth when you close.
 - b. Food packs between the temporary and adjacent teeth when you eat. This will damage the gum tissue and make delivering the crown difficult.
 - c. The temporary becomes loose or comes off. While inconvenient, this sometimes occurs. Don't panic! If you are in public, and the restoration shows in your smile, simply place it back on the tooth with toothpaste or "as is." But... **DO NOT GO TO SLEEP OR ATTEMPT TO EAT WITH A LOOSE TEMPORARY!**

CALL 803-548-6480