

TEMPORARY CROWN/VENEER CARE

**Salem Dental Studio
Steven N. Lind DMD PC
(503) 566-7000**

EATING: We recommend a soft diet because the temporary(ies) can be breakable. Avoid eating hard things like hard crusty French breads and tortilla chips. Breaking down the food into small bites works well. Due to the nature of the material they can be prone to staining so you may want to avoid stain-producing foods as much as possible. (Teriyaki, beets, coffee etc.) Also your bite may feel different so eating deliberately and carefully is recommended.

IF A TEMPORARY COMES LOOSE OR BREAKS: Call our office at (503) 566-7000 or Dr. Lind's cell phone at (503) 314-8908. Usually it takes just a few minutes for us to replace the temporary for you. If you are out of town or unable to come in, you can try filling the temporary with Vaseline and sticking it back in place or getting some denture adhesive to try. If your appointment to have the permanent restoration seated is within a day or two and you aren't in pain, it is okay to simply leave it off.

CLEANING: We try to do a great job of creating retention so the temporary stays on, therefore you will not be able to floss around the temporary. We recommend gentle brushing and using a toothpick or stimulator to gently massage the gums. WaterPiks are great for cleaning also.

IF YOUR GUMS ARE TENDER: We sometimes use a laser in the preparation appointment and this can lead to minor tissue discomfort and darkening. Any changes will heal within a couple of days. Until then, we recommend warm saltwater rinses multiple times a day (1/2 tsp. in 6 oz. of water) to help soothe the gums. Your body does a wonderful job of healing itself so, for that reason; we don't recommend using any special mouthwashes or cleaning devices other than what is listed above.

FOR PAIN: Usually ibuprofen will take care of any discomfort. You can take up to 800mg every 6 hours on a limited basis. If this regimen doesn't help, be sure to call us at the phone numbers listed above anytime and we can give you a prescription.

Thank you for this opportunity to serve you. If you have any questions or comments we would welcome them. Our goal is to give you the VERY BEST CARE. We will see you in approximately 2 weeks to seat your final restoration(s).