

## Patient Instructions: Caring for Your Temporary Restoration

Your temporary is made to last until your new final restorations are ready. This allows us to evaluate not just aesthetics but any potential problems prior to your final restoration.

### After the Preparation You May Experience

- Some temperature sensitivity by the second day. This will resolve day by day.
- Some tenderness around the gum tissue for a few days.
- Some soreness in the injection sites for a few days.
- Anything beyond these mild symptoms, please give Reception a Call.

### Cleaning

Brushing (and flossing) are the most important things you can do to ensure good gum and teeth health. If you have joined temporaries, you are unable to floss these areas. Use mouthwash or salt-water rinse.

### Light Diet

Your temporary restoration is held in place with weak cement, and you should only use the teeth lightly over the period with the temporaries in place. Occasionally, it may loosen, or break or come off before it should. If this happens, you should contact the practice for advice as it may cause inflammation in the gums, tooth sensitivity, or the tooth may move. Avoid hard, tough, crunchy and/or sticky foods to help keep the temporary restorations healthy.

### Aesthetics

If aesthetic cases, your temporary restoration will be reviewed some 2-3 days after the preparation appointment. This appointment will involve assessing and altering the temporary shapes to be comfortable with the new aesthetics. Shade will be taken. Following the shape and shade review, your new restorations will be made in the laboratory and only very minor alterations will be possible. More significant changes will require further appointments/treatment and remaking the new restorations at additional costs.

### What to Do If It Comes Off

Call us. We would like to recement it for you asap and do so you maybe offered the next available appointment with any Dentist in the practice. If you cannot come in, replace the temporary with finger pressure or secure it with a small amount of denture adhesive such as Poli-Dent or non-toxic white blutac until you can arrange with our office to come in.

### To Prevent Staining, Avoid the Following

- No mouth rinses that contain chlorhexidine except Curasept
- Smoking
- Red Wine, Yellow Curry, berries, coffee/tea