

Lexington Dental Care

Post-visit instructions

Post visit instructions for Temporary Crown or Bridge

For the next 24 hours, avoid chewing on the area to allow time for the temporary cement to set. Avoid sticky or chewy types of food which may pull of the temporary. When flossing, pull the floss from between the teeth out to the side while holding the temporary in place. Instead of flossing, a rubber tip or soft picks can be used to clean between the teeth. If the temporary comes off, you can call the office to have it cemented. You may also use denture adhesive or temporary dental cement which can be purchased at most pharmacies.

Rinsing with warm salt water rinses (1 tsp of baking soda or salt in ½ cup warm water) morning and evenings for 3 days can help sooth irritated gums. Sensitivity to hot or cold can occur but should diminish with time. Taking 2 Advil, or Tylenol every 4 to 6 hours will help. If sensitivity, does not diminish or gets worse over time, please contact our office. This may be a sign that the nerve of the tooth is inflamed and the temporary crown may be hitting too hard when you chew. A simple adjustment of the bite can help alleviate these symptoms. In rare cases, sensitivity that worsens over time, wakes you up at night, swelling of the face, or a constant intense pain that lasts for hours or days may indicate the tooth needs Root Canal Therapy. In these cases, the doctor will prescribe an antibiotic to help with the symptoms and refer you to an Endodontist (root canal specialist).

Should you have any questions, please feel free to call us!

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