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## **Your Temporary Crown**

The temporary crown you are wearing does more than just protect your tooth. It keeps your crowned tooth, as well as all those in contact with it, spaced the same as they were before your appointment. It is important to wear your temporary at all times as teeth can begin to move in as little as 24 hours. This can prevent the permanent crown from fitting properly.

Temporary crowns are made to last for a short time and to be easily removed when your permanent crown is delivered. Therefore, it can be easily removed while eating if proper care is not followed. Obviously, you should avoid eating sticky foods. It is best to do as little eating as possible on the temporary itself. Instead, chew on the opposite side if possible.

You may brush your temporary as you normally would your other teeth. But avoid flossing unless food removal is necessary. The flossing string may be passed, not popped, between the teeth. Then gently clean below the edge of the temporary. Be careful to avoid catching any edges while pulling up. Floss is best removed by sliding out the side. In other words, do not pull the floss out by popping it through the contact between the teeth.

If your temporary should come off, it is important that you return to our office for re-cementing. You do not need an appointment and there is no fee to pay. Just call to make sure the office is open and let us know that you are coming. Be sure to wear your temporary on the prepared tooth until you reach the office. Re-cementing of a temporary crown can be done by the dental assistant. Therefore, you may be cared for in our office even if the doctor is not available. If you are on vacation or a business trip, you may elect trying to wear the temporary until your return or you may seek help from a local dentist. Most dentists have only a nominal fee for re-cementing a temporary. It is best to return to our office, if possible. Even a well intentioned dentist may make detrimental adjustments to the temporary which could permit the teeth to shift and require excessive adjustment on your permanent crown.

If your temporary crown should come off at home late at night, place it back on the tooth and wear it overnight. It only fits one way. Come in the next morning or as soon as possible for re-cementing. If the temporary does not fit tightly or you feel you might swallow it in your sleep, you may leave it out overnight. However, place it back on the tooth first thing the next morning. In case of breakage of a temporary, (*e.g.*, you cannot wear it or there is nothing left to wear) you must return for a replacement as soon as possible.