

TEMPORARY CROWNS OR BRIDGES

POST-OP INSTRUCTIONS

CONGRATULATIONS!!! Dr. Gulde has finished placing your temporary crown or bridge, but it is important that you understand that you're only half way there. The success of your procedure is completely dependant on the post care you provide the affected area. It is absolutely imperative that you follow these post-op instructions to assure that you have the best results possible. If you have any questions or comments, please be sure to ask before your procedure.

CHEWING & EATING

- Because we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.
- Avoid chewing for at least one half hour to allow the temporary cement to set.
- To keep your temporary bridge in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

BRUSHING & FLOSSING

- Brush normally, but floss very carefully. Remove floss by pulling it forward and away from you, instead of sliding it between the teeth. We may recommend special floss, brushes, or other cleaning aids to keep the area free of plaque and bacteria.
- If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

MEDICATION & DISCOMFORT

- Take antibiotics or other medications only as directed.
- To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's not unusual for your gums to be sore for several days.

WHEN TO CALL US

- Call us if your temporary crown or bridge comes off. Save the temporary, so it can be re-cemented. It's very important for the proper fit of your final bridge that your temporary crown can stay in place.
- Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three days, or if you have any questions or concerns.

You may reach us during normal business hours at 352.602.4235, or if you have an emergency when our offices are closed, please contact our after-hours emergency line at 407.399.9840.