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After-Care Instructions for Temporary Crowns

If you received anesthesia, do not chew until the numbness has subsided.

- Avoid chewing for at least an hour.
- Avoid eating hard or sticky foods, such as chewing gum, and chew on the opposite side of the mouth if possible.
- Brush as usual, but floss with care. When flossing, remove floss from the side of the tooth.
- Use a desensitizing toothpaste if teeth are sensitive to heat, cold, or pressure, but contact our office if sensitivity increases or persists beyond a few days.
- Contact us if the **crown comes off**, and save it so that it can be recemented.
- It is important that the temporary crown stay in place to ensure the proper fit of the permanent crown

If you have any discomfort:

- Medications including antibiotics should be taken only as directed.
- Rinse mouth three times a day with warm water to which one teaspoon of salt has been added.
Call us at 407-671-1017 if your bite feels uneven, if you have persistent sensitivity or discomfort, or if you have any other concerns.

Post-operative Care > Crowns

Upon leaving after the first visit, you will have a temporary dental crown on your tooth. A few precautions should be taken:

- Avoid sticky or chewy foods (e.g., chewing gum and caramels), which have the potential of grabbing and pulling at the crown.
- Shift the bulk of your chewing to the opposite side of your mouth.
- Avoid chewing hard foods (e.g., raw vegetables), which can dislodge or break the crown.
- When cleaning your teeth, slide flossing material out rather than lifting it out. Lifting the floss out could pull off the temporary crown.

What's safe to eat after crowns?

With a temporary crown, it is important to keep anything very sticky or crunchy away from the crown. This is simply so that the crown does not get pulled off or break under high force. Besides that, you may eat to your comfort level after the anesthetic is worn off. The gum and tooth may be tender in the area that the work was done, and sometimes it can be helpful to stick to a softer diet for the first few days. Once the permanent crown is cemented on, it is best to avoid sticky things for the first 24 hours. After that, you may eat, drink, and clean your tooth just like you did before. The crown and gum may be tender or sensitive for the first few weeks while the gum is healing from the work done.