

## **Post operative instructions after temporary crown placement**

- Avoid hard, sticky, or chewy foods: No gum, hard candies, caramel, nuts, popcorn, or tough bagels.
- Eat soft foods: Stick to softer items like bananas, eggs, or soft sandwiches.
- Reduce pressure on the temporary crown by chewing on the other side of your mouth.
- Avoid chewing for about 30 minutes after placement.
- Brush gently with a soft-bristled brush and be careful not to dislodge the crown.
- Avoid flossing around the temporary crown or floss cautiously: Slide floss down between teeth and pull it out the side; do *not* snap or pull it up and out, as this can pop the crown off.
- Warm salt water rinses can help with gum soreness.
- Slight tenderness and sensitivity to hot, cold, or pressure are common and should decrease over a few days.
- Over-the-counter pain relievers like acetaminophen or ibuprofen can be taken if not medically contraindicated.
- If the crown comes off keep the temporary crown, call your dentist, and bring it with you to the appointment so it can be re-cemented properly.