Instructions for Proper Crown/Bridge Maintenance

For Temporary crown & bridge restorations:

- Your temporary crowns/bridges are made of plastic and are intended to serve you for a short period of time while your final crowns are fabricated. They are attached only temporarily to the underlying tooth so they can be removed easily.
- Eat a soft diet and preferably chew on your natural teeth and not with the temporary crowns. Avoid chewy, stick, crunchy, or hard foods. (examples of foods to avoid: gum, hard candy, tough meat, whole apples or corn on the cob)
- If a temporary crown/bridge comes off, make an appointment to re-cement or replace it. If you are in a situation that will not allow you to come in, place the temporary back in place with some denture adhesive until you can come in for an appointment. Please do not leave the temporary out of your mouth for more than 24 hours because the tooth could move and the final restoration may not fit.
- You may experience sensitivity to hot, cold, pressure, or sweets with a temporary crown(s). Do not pull or pop the floss out, but instead pull the floss through from the back to the front. Floss threaders, or Crown/Bridge floss (with a stiff end) (such as Superfloss) may be helpful for a fixed bridge.

For Final crown restorations:

- As with natural teeth, avoid chewing excessively hard foods with the final crowns (hard candy, ice, pens, fingernails, etc.) because the porcelain can break under extreme forces.
- After the final cementation of your restoration, it may take a few days to get used to the new crown(s). Hot and cold sensitivity is possible for a few weeks. As with the temporary, if the bite doesn’t feel balanced please make an appointment for a bite adjustment.
- Using a tooth brush and paste, brush your crowns normally 2-3 times daily.
  - Floss daily as you would your natural teeth.
- Proper brushing, flossing, and regular 6-month (minimal) hygiene cleanings are essential to the long-term stability and appearance of your crowns/bridges.

If you have further questions or concerns, please call the office at 864-482-7500
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