

TEMPORARY CROWN AND BRIDGE HOME CARE

- Do not eat anything sticky, crunchy, or hard (gum, taffy, nuts, ice, granola bars, etc.)
 - Bread works as suction, stay away from it, unless you toast it and chew it on the opposite side
 - Rinse with warm salt water, 3x a day for next 2-3 days (1 tbsp. of salt in 8oz warm water).
 - Be very careful while flossing around the temporaries. Snap in the floss and slide out the side. DO NOT SNAP OUT, it may dislodge the temp.
 - If temporary fall off and is still in one piece, try putting it on, it only goes in one way. Use toothpaste or Fixodent and put it back on.
- If temporary breaks, please call us ASAP even if there is no pain. Please let us know that the temporary is broken, and you need to be seen ASAP!