



## LANDS END DENTAL

### Caring for Provisional or Temporary Restorations

Please carefully read and follow the guidelines so that your temporary/provisional restorations will stay intact until you return for the final seating of your dental work.

1. Please do not eat until you feel the anesthetic wearing off to avoid accidentally biting your cheek or tongue.
2. Avoid hard foods such as: raw carrots and other raw vegetables, nuts, French bread, rice cakes, popcorn, hard candies, etc. Your temporary is made of plastic resin material. It can fracture under biting pressure.
3. Please avoid sticky, chewy foods such as: raisins and other dried fruit, cheese, gum, sticky/chewy candies, bagels, and other chewy breads. Your temporary is cemented with temporary cement designed to make it easy for the dentist to remove. Sticky foods may accidentally dislodge it.
4. Do not floss in front of or behind your temporary crowns as you may snag the floss under the temporary and accidentally lift it off. Avoid using toothpicks around the temporary as well.
5. Eat soft foods: eggs, fish, rice, pasta, for example. A good guideline regarding food that you can eat: if you can easily cut through the food item with the side of your fork, then it is soft enough to chew with your temporary crown.
6. If it feels like you are biting a little hard on the temporary veneer(s)/ crown(s), or that when biting down, one side of your mouth closes down before the other, please call our office within 3 days to have an adjustment. If you do not return, the tooth and the ligaments surrounding it may become very sore within a few days.
7. We recommend that you consume only lukewarm foods and liquids to avoid thermal discomfort. Teeth that have recently undergone dental surgery can ache and feel sore or sensitive while they heal. Over the counter pain medications, avoiding chewing on them and allowing time for symptoms to resolve is advised.

Following the above recommendations will reduce the need for an unnecessary trip to our office. If your temporary/provisional crowns become loose or come off, please call our office immediately to schedule an appointment within 24-48 hours so that we may re-cement it for you. If you do not, your final crown may not fit and will need to be redone. If your symptoms worsen over time or you experience spontaneous, severe symptoms, please reach us at 415-668-0680.

