

This leaflet provides guidance when you have a temporary dental covering in place

Please contact us if you need more information



## How to care for Temporary Crowns & Fillings



### Flossing & Brushing

Gently brush around the tooth where the temporary crown/filling is located. Increase rinsing, as this can also help to dislodge food particles. Do not floss in that area.



### Avoid Hard & Crunchy Foods

Avoid eating hard, sticky and crunchy foods. This would include chewy crusty bread, nachos/tacos, nuts, hard candy and caramel, tougher red meats, crunchy and hard fruit (e.g. apples) etc.



### Avoid Sugar

Sugar, sweet foods and drinks can cause further decay between the temporary crown and your gumline. It can also increase sensitivity.



### Be cautious with temperatures

Very hot, as well as very cold, food and drink can weaken the cement holding the temporary crown or filling in place



### Chew gently and carefully

Temporary tooth coverings are designed to be easily removable. Try to chew gently and using other areas of your mouth to avoid putting pressure on the temporary crown or filling.

## IMPORTANT:

- Do not eat or drink for 2 hours after placement to allow the cement to set, and the numbness to wear off.
- If your temporary crown/filling becomes loose or comes off, please contact us as soon as possible
- If possible keep the temporary crown and bring it to your appointment
- Minor discomfort: it is normal to have some mild discomfort, sensitivity and/or swelling after your procedure. Take permitted pain relief if needed.
- Remember this is a temporary solution. Temporary crowns and fillings are more fragile than permanent ones. They are not designed for long-term use.