

CROWN AND BRIDGES CARE INSTRUCTIONS

1. Your gums will be sore for a few days.
2. Rinse with warm salt water twice a day for three to four days.
(1/2 tsp. of salt in an 10 oz. cup of warm water)
3. While you are wearing your temporary crown or bridge, do not eat any sticky foods (gum, caramel, taffy, stick candies)
4. Avoid eating hard nuts and sticky breads (bagels).
5. Brush your teeth two to three times a day.
6. Floss the temporary if necessary. Push the floss in between the teeth but **DO NOT** pull it up to remove it. Instead, take your hand off one end of the floss and with the other hand pull the floss towards your cheek or lip. You will avoid pulling the temporary off with this method.
7. If your temporary comes off, immediately place it back on the tooth. **DO NOT USE GLUE** to cement it back. Call the office immediately so that we may assist you.

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