



Post Operative Instructions for Temporaries

You have just had dental treatment that required a temporary to be placed. Here are some things to remember and what you may experience in the upcoming days and weeks.

- Remember that may still be “numb”. Please remember **not** to bite your cheek or tongue.
- **Please chew on the other side of our mouth until your treatment is completed.**
- Avoid sticky or hard items (i.e. hard candies, nuts, sticky candies etc.) because your temporary may break or get pulled off. Remember that this is only a temporary and it is not as strong as a regular filling or our crown.
- Be careful when cleaning around the temporary restoration. Make sure to brush the area gently.
- When flossing **pull the floss through** instead of snapping it up and down.
- If the temporary has fallen out do not wait until the next appointment. Please call the office right away for an appointment to have it put back in. If you wait other teeth will shift and you may have to have the tooth re-prepared or a new impression made. If you had a root canal treatment the tooth can get re-infected.
- After the anesthetic wears off you may notice that your **bite is off**. It can be hard for you to judge if you are biting your teeth together correctly when you are numb. If your bite doesn't feel right **please call** so your bite can be adjusted.
- You may experience **sensitivity** to temperatures changes

How do I know if I will need a root canal if I just had a crown or bridge preparation?

- Here are some symptoms that you should look for:
 - When you drink or eat something **cold** and the pain **lingers** (doesn't go away right away) for several minutes.
 - **Hot sensitivity** that lasts longer than a few weeks or that begins after the tooth has had no problems for a period of time.
 - **Spontaneous pain** that occurs anytime during the day or night
 - **Pain when biting**