

Red Rock Dental
(702) 243-8788

Instructions for Temporary Crowns and Bridges

- Your temporary is made of an acrylic resin and is strong enough to chew on if you avoid hard things like corn nuts and almonds, etc.
- The cement holding it is soft to allow us to remove the temporary at your next appointment without damaging the tooth, so avoid sticky foods like caramels, taffy, starburst, etc.
- The gums will be sore for a few days. Rinsing with a solution of ½ -1 teaspoon of salt dissolved in 8 oz. of warm water, several times a day, will soothe the tissues and make you more comfortable.
- Brushing and flossing are recommended to keep the area from getting infected. Brush more gently to avoid causing pain, just brush longer to be more effective. When flossing, let go of one end of the floss and pull it out to the side. This will help you avoid catching the edge of the temporary and pulling it loose.
- Sometimes when the area is numb you can't bite the same as when you are not numb, so the temporary may be hitting too hard when you bite together. If this is the case your temporary may need to be adjusted.
- Please call the office if:
 - Your temporary gets loose, comes off or breaks.
 - You feel the temporary hits too hard when you close,
 - You have discomfort for more than a few days.
- During the weekend or after office hours, temporary cement may be found in the dental aisle at the grocery store or pharmacy to re-cement the temporary.

Please feel free to call us with any questions or concerns (702) 243-8788.

