



# GRAND AVENUE DENTAL CARE

Dr. Ryan Ross, D.D.S.  
Dr. Brian Draayer, D.D.S.  
2911 Grand Ave. Billings, MT 59102  
(406) 245-4922

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## Temporary Crown Post-Op Instructions

*Now that we've placed a temporary crown, it's important to follow these recommendations to ensure the success of your final restoration.*

### **Chewing & Eating**

- If we used an anesthetic during your procedure, avoid chewing until the numbness has completely worn off.
- Avoid chewing for at least one half-hour to allow the temporary cement to set.
- To keep your temporary in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

### **Brushing & Flossing**

- Brush normally, but floss very carefully. Remove floss from the side to prevent removal of the temporary crown.
- If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity increases or persists beyond a few days, give us a call.

### **Medication & Discomfort**

- Take antibiotics or other medications only as directed.
- To reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.

### **When To Call Us**

- Your Post Op Instructions include Zone Cement. In the event your temporary crown falls off, mix equal amounts of Parts A & B. Line temporary crown. Remove excess with toothpick or toothbrush.
- It's very important for the proper fit of your final crown that your temporary stay in place.
- Call our office if your bite feels uneven, you have persistent sensitivity or discomfort, or if you have any questions or concerns.