



## **AFTERCARE INSTRUCTIONS- TEMPORARY RESTORATIONS**

**You have just had a temporary restoration placed as part of ongoing treatment. Normally, some time is required for either temporary cement to set, or a temporary filling to harden. On vital teeth, some sensitivity may be experienced during the time you have your temporary. It is wise to avoid extremes in temperature (hot, cold), and very sweet or hard foods.**

**You are advised not to eat for one hour. Until your next visit, it is advisable NOT to eat sticky foods that may adhere to the temporary, or cause it to be dislodged. (Especially chewing gum, taffy, etc.)**

**You may have to wait for a local anesthetic to wear off before you can eat without worry of harming your teeth, cheeks or gums. This can take one to three hours depending on the amount of local anesthetic that was administered.**

**Flossing should be done with extreme caution, unless you are advised not to floss until your next visit. The temporary can become loose and may come out. If you do floss, snap the floss through the contact and pull the floss out through the side. Do not pull up, as you will dislodge the temporary restoration.**

**If your temporary should come out, call the office @ (631) 669-2330, for instructions as to what to do. You may be instructed to return to have it replaced, depending on the circumstances. If, for some reason (over a weekend) your temporary comes out and you cannot wait, you can purchase temporary filling material such as "Dentemp" and follow the directions on the package. It is available at most pharmacies. You can use it to replace a temporary filling, or to replace a temporary crown. You may also use a denture adhesive such as Polygrip to recement a loose temporary crown. DO NOT USE CRAZY GLUE!**

