dr. karstan lachman

Homecare for your temporary restoration

A temporary is a filling or crown that is placed until your final restoration is fabricated and ready to be bonded to your tooth. It is important to follow these recommendations to ensure optimal dental health and the success of your final restoration.

Chewing and Eating

If Dr. Lachman used an anaesthetic during the procedure please avoid chewing until the numbness has worn off completely. Avoid chewing for at least one half-hour to allow the temporary cement to set.

To keep your temporary crown in place, avoid eating hard or sticky foods, especially chewing gum or toffee. If possible chew only on the opposite side of your mouth until your next appointment.

Brushing and Flossing

Brush normally, but floss very carefully. Remove floss from the side to prevent accidental removal of the temporary crown. In some cases we may advise you to:

- avoid flossing around the temporary crown
- utilize special additional oral hygiene aids
- rinse with warm salt water, or use a hydrofloss oral irrigator with Cloysis

The temporary will not seal as well as the final restoration will, so there may be some sensitivity to hot and cold and perhaps when chewing. If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

Medication and Discomfort

Take antibiotics or other medications only as directed by Dr. Lachman.

To reduce any 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 common for your gums to be sore for several days.

When To Call Us

Call us if your temporary crown comes off. Save the temporary so it can be re-cemented (or you can push it back into place until you can come in to see us). The temporary is very important. It protects the exposed dentin so it is not sensitive. It prevents food from gathering in the preparation, and prevents the prepared tooth from shifting and moving that could make seating the final restoration more difficult.

Call our office if your bite feels uneven so we can make a refinement. Call us if you have sensitivity or discomfort that increases or continues beyond three or four days. Your temporary may also feel rough, please call us if it is making your tongue sensitive or if you have any other questions or concerns.