

## **Instructions following Preparation of a Crown or Bridge**

- wait for numbness to wear off before eating
- avoid eating sticky, chewy, hard foods on side of temporary
- avoid flossing temporary-----if floss inadvertently, hold temporary with your finger or thumb and pull floss straight out.
- rinse two times a day with: listerine peridex hydrogen peroxide biotene
- call the office if temporary feels "too high" or if sensitivity persists more than a few days
- call the office if the temporary comes loose----you can use denture paste (fixadent) to hold it in place until you can get to the office
- you can take tylenol or ibuprofen for gum tenderness (usually from the impression techniques)