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& Associates

### **How to Live With Your Temporary**

While your temporary crown is made to be durable, it is not as strong as a real crown. Please try not to eat hard crunchy foods like nuts and raw veggies. Ice and chicken wings are other food items that can cause a lot of temporary breakage, while gummy foods like chewing gum will pull off the temporary.

If your temporary should fall off, please call our office and let us cement it on again as soon as possible. If it is over a weekend, you can place a little toothpaste or Fixodent under it to help keep it in place until you can come in on Monday.

When flossing around the temporary tooth, pull the floss through to avoid pulling it off. If you have a temporary bridge, you will be shown how to use Superfloss under the fake tooth.

Some soreness is normal after a crown preparation. The best medication to take is either OTC Motrin or Ibuprofen. If you have any questions or concerns, please call the office, 703-912-3800.