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Temporary Post Op

You have completed your first step toward the final placement of your posterior restoration(s). Your teeth may be sensitive to temperature and chewing with your provisionals, but this will subside after your final restorations are placed. Some patients experience a sensation of contraction and tightness with cold/hot food or beverages. This is normal.

- Avoid carbonated drinks for 2-3 hours after temporary is place.
- Avoid eating hard foods or anything chewy until your final restoration is placed.
 - No gum, caramels, taffy etc.
- Avoid flossing when cleaning your teeth. You may use a WaterPik if needed.
- You may experience some minimal discomfort after your appointment. Each patient will vary with the sensitivity they experience. We have found that this initial discomfort is easily relieved in most cases by taking 600mg of ibuprofen every 6 hours as needed—not to exceed 3200 mg in a 24-hour period. If your sensitivity cannot be managed with ibuprofen, please call your doctor.
- Occasionally a temporary will come off due to normal activities. If this happens, please follow these steps:
 - Most pharmacies carry temporary dental repair material in the dentistry section. A common brand is Dentemp and is marketed for “loose caps.” Fixodent Denture Adhesive is a possible substitute if you cannot find this at your pharmacy. Coat the inside of the crown/cap (the part that sits on the tooth), and place it back into your mouth. You may require help to do so. Do this as soon as you can.
 - If you cannot get to the pharmacy before we can see you, Vaseline may be used in the same way as a short-term fix.
 - Call the office so we can schedule you as soon as possible to temporarily cement it in place.
 - Do not throw your temporary away. Bring it back into the office with you.
 - Do not allow more than 3 days to pass without having your temporary replaced. This may cause slight shifting in your teeth and make your permanent restoration not fit properly.
- If your bite feels “high” after the anesthetic wears off, please call for an adjustment. Your temporary may settle after a few days and need adjustment as well. This is normal. With time, a high temporary may bruise the ligament around the tooth and may cause it to become extremely sensitive.

Please do not hesitate to call our office with any questions.