



Got a crown or bridge done today!!

If you received the anesthetic for the procedure, do not chew or bite until numbing wears off. The temporary crown or bridge is cemented to protect the tooth in between appointments. The size, color and shape of the teeth do not affect the final permanent crowns.

Avoid any hard sticky or chewy foods.

Examples to avoid: Gum, Hard Crusty Bread, Taffy, or hard candy.

Temporary crown can easily break or come off so we request you to be very gentle on it. Use soft tooth brush to keep good oral hygiene. While flossing pull the floss out the side and do not pop it out through the contacts, that may loosen the bridge or crown and it may come off. If the temporary comes out please call our **office** to re-cement it for you.

Please do not wait for next schedule appointment. Temporary crowns and or bridges keep your teeth in place and help the final crown or bridge to fit accurately. If you cannot come to our office you can use any **denture adhesive cream** (Poly-grip or Fixodent) available over-the-counter at any pharmacy.

If you feel the bite is not correct, call our office, we will get you in for quick adjustment. Do not continue using temporary with off-bite, the temporary may break or you might have soreness on opposite tooth.

If you have any discomfort:

- Medications including antibiotics should be taken only as directed.
- Rinse mouth three times a day with warm water to which one teaspoon of salt has been added.

Please feel free to call us if you have any questions at **562.860.6626**

Innovative Smiles

10929 South Street Suite 110 B Cerritos CA 90703.

www.theinnovativesmiles.com