

Kim C. Norman, D.D.S.  
734 West Lamar Alexander Pkwy  
Maryville, Tn 37801  
865-982-9662

## ***Maintenance of your Temporaries Crown and Bridges***

*Please **do not** eat for 15 minutes after the cementation of the temporary.*

*Please be careful not to bite your tongue or cheeks, they will return to normal within a few hours. The injection site may be sore for several days. This is not uncommon and will go away.*

*The crown prep is complete and you will be wearing a temporary for about two weeks until your permanent crown is placed.*

*Please **do not** eat sticky candies, hard crunchy foods, no ice-chips and no nuts. These can damage the temporary materials.*

*Your gums may be sore and bloody due to the procedure. Use the mouth rinse as instructed. Your tissue will heal over the next few days.*

*If the temporary crown comes out for any reason please use a denture adhesive (Fixodent/Secure) to place the temporary back on. Then call our office to make an appointment for the next work day. Please do this for any weekend or evening emergency.*

*Please do not use any toothpicks or water pick cleaners around your temporary, it could dislodge it. Also be careful when flossing, snap the floss between the teeth, and then pull gently out to the side of the tooth. Do not pull down.*

*Good oral hygiene is very important while you wear this temporary crown. Rinse with a salt water mixture as needed to help the tissue heal.*