



Artistic Dental

at the biltmore

Caring for Your “Temporary” Smile

You have just been fitted for temporary crowns while the permanent crowns are being made at our Lab. The following points are a few care tips for you to know.

Color, Shape, and Size: The color and shape of the temporary crown may not resemble final (permanent) crowns. We try to simulate the desired appearance, but the materials used for temporary fabrication does not mimic the translucency and sheen of the porcelain material used at the Lab. Remember, these are only temporary and the look and feel of the permanents will be smooth and natural. We can make simple adjustments to the temporaries which can make them more comfortable while you are wearing them, so please don't hesitate to ask for adjustments if something is bothering you.

Tooth Sensitivity: Temporary crowns will help protect against sensitivity of the prepared tooth. However, they will not fit your tooth like the permanent crowns, so you may notice sensitivity to heat, cold or sweets. Stay away from extreme hot and cold liquids. They can cause the plastic of the temporary material to flex and the extremes to your teeth can cause pain.

Biting and chewing: Avoid biting into sandwiches, apples, corn on the cob and sticky foods!

Brushing and flossing: Brush your teeth as you normally would. Be gentle around the temporary crowns and gums. Swishing with warm water salt rinses (1/2 teaspoon salt in 8 oz glass of warm water) is always good for the gums. It heals and helps them stay healthy until your permanent crowns are in. If food gets stuck up near the gum line you may use a tooth pick to dislodge the food, but please do not dig around the temporaries as you may damage the gums or teeth.

If you use a waterpik, be conservative as it could dislodge the temporaries. Only use clear colored mouth rinses while you are wearing the temporaries (ie: Closys 2 is available at Target). Colored mouth rinses can cause staining around the edges of your temporaries.

In cases of multiple crowns, your temporaries will have been bonded together. This has been done to strengthen the temporaries and get you through the 3-4 weeks of wearing them. You will be unable to floss between them (see the attached tooth chart to know which areas you will not be able to floss through). You WILL be able to floss between the permanent crowns when they are seated.

Foods and Drinks: Some foods, coffee, tea, and wines may stain the temporaries. Using a straw may help avoid that.

Smoking: This may also cause staining. And this may be a good time to stop for good. You are making a big investment in your smile and we are here to support you. We have referrals we can give you to organizations that can also help with smoking cessation. We want your new smile to really be something to smile about!

If the temporary(ies) break or come off: Temporaries can break or come off, even when eating something soft. If this occurs, please call the office and we will get you in quickly to have them remade or cemented back on. Sensodyne toothpaste can be used to hold your temporary in till you can get back into the office. It is not good to leave the temporaries off for longer than 2-3 days as

something soft. If this occurs, please call the office and we will get you in quickly to have them remade or cemented back on. Sensodyne toothpaste can be used to hold your temporary in till you can get back into the office. It is not good to leave the temporaries off for longer than 2-3 days as the teeth can shift and affect how the permanents fit, and we also don't want you walking around looking funny!

We are excited to create your new smile! Please call us if you have any questions.

Office: 602-840-5400

Artistic Dental emergency line: 602-432-1155