

## CROWN TEMPORARIES

Caring for a temporary dental crown is important to ensure it remains in place and protects the underlying tooth until the permanent crown is placed. Here are some tips for caring for a temporary dental crown:

- 1 Avoid chewing on hard or sticky foods:** Temporary crowns are not as strong as permanent crowns, so it's important to avoid putting excessive pressure on them. Avoid chewing on hard or sticky foods that could dislodge or damage the temporary crown.
- 2 Be cautious when eating:** When eating, try to chew on the opposite side of your mouth from where the temporary crown is located. This reduces the risk of putting pressure on the crown while eating.
- 3 Practice good oral hygiene:** Brush and floss your teeth regularly, but be gentle around the temporary crown to avoid dislodging it. Use a soft-bristled toothbrush and avoid pulling up on the floss, as this could loosen the crown.
- 4 Avoid sticky or hard substances:** Avoid chewing gum, hard candies, or any other sticky or hard substances that could pull on or damage the temporary crown.
- 5 Be mindful of dental hygiene products:** Some dental hygiene products, such as mouthwash containing alcohol, may weaken the temporary cement holding the crown in place. Stick to gentle, alcohol-free mouthwash if needed.
- 6 Attend follow-up appointments:** Follow your dentist's instructions for follow-up appointments. These appointments are crucial for monitoring the temporary crown and ensuring it remains secure until the permanent crown is ready to be placed.
- 7 Report any issues:** If you experience any discomfort, pain, or if the temporary crown feels loose or comes off, contact your dentist immediately. They can assess the situation and make any necessary adjustments or repairs.
- 8 Avoid excessive pressure or force:** Avoid habits like grinding or clenching your teeth, as this can put excessive pressure on the temporary crown and may cause it to become loose or damaged.
- 9 Protect the crown during sports:** If you participate in sports or other physical activities, consider wearing a mouthguard to protect your temporary crown from injury.

By following these tips and practicing good oral hygiene, you can help ensure that your temporary dental crown remains in place and protects your tooth until the permanent crown is placed.