



Kent E. Johnson Dental Associates

Caring for your Custom Temporary

If you experience any pain or symptoms that you are concerned about, please contact your Doctor immediately.

With temporary restorations, there is a period of sensitivity towards temperature and chewing until permanent restorations are placed.

The temporaries will not feel like your real teeth because they are not cemented in place. Rather, they are attached together to keep them on temporarily. Some patients experience a sensation of contraction with hot and cold food or beverages. This is normal; you will not experience this with your permanent restorations. You will have some discomfort due to the trauma of your preparation appointment. Each patient will vary with the sensitivity they experience depending on the extent of his or her decay, fractures, and older restorations removed. Please bear with us through this time, it is well worth it!

1. Take 600 mg of Advil every 4-6 hours as needed – not to exceed 3,200mg in a 24-hour period.
2. Brush and rinse with Listerine or warm salt water (if electro surge or laser were used during your appointment, you will want to wait one day before you brush that area.) In addition, warm your toothbrush with hot water to soften the bristles when you do brush. Additional special rinses may be recommended such as chlorhexidine. Brushing with Hydrogen Peroxide often helps clean between teeth to help gum health.
3. If your bite feels "high" after the anesthetic wears off, please call for an adjustment. With time, a high temporary will bruise the bone around the tooth and may cause it to become extremely sensitive.
4. Avoid sticky, chewy food such as gum and other types of candy. Do not bite directly into certain foods, such as carrots and apples. Cut them into smaller pieces.
5. You will not be able to floss normally in the temporary phase as the teeth are hooked together. You will be able to floss with permanent restorations as they are bonded on separately.
6. Use any other home care items you were instructed to use at the preparation appointment; i.e. rotapoints, rubber tips, super floss, glide threaders, proxy brush.

We are here to give you a great result. If you have any questions, please feel free to contact our office.

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