

# Manteca Dental Care

| Rick Van Tran, DDS |  
& Associates

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## Home Care Instructions for Temporary Crowns

Temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. Since the teeth will be anesthetized, the tongue, lips, and roof of the mouth may be numb. Please avoid eating or drinking until the numbness has completely worn off.

It is important that the temporary crown/bridge stay in place until the permanent crown(s) is/are inserted. If the temporary becomes dislodged or feels uncomfortable, please call us so that we may see you as soon as possible. Do not attempt to “glue” the temporary back in yourself or “go without it” as the teeth may become sensitive or shift slightly, preventing proper insertion of the permanent crown.

**Avoid chewing anything hard or sticky**, such as hard breads, sticky or hard candy, popcorn, gum, nuts, chips, etc. If possible, avoid chewing on the side with the temporaries. To prevent pulling the temporary off, avoid flossing on the side with the temporary, but do brush carefully and thoroughly. If you must floss, do so carefully. Don't pull up on the floss, which may dislodge the temporary, but pull the floss out from the side of the temporary.

It is normal to experience some temperature and pressure sensitivity after each appointment. The sensitivity should subside a few weeks after the placement of the final restoration. Mild pain medications such as Advil or Tylenol may be taken to ease discomfort.

If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!

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