Now that we’ve placed a temporary crown, it’s important to follow these recommendations to ensure the success of your final restoration. If your dentist used anesthetic, your lips, teeth and tongue may be numb for several hours after your appointment. Avoid chewing hard until the numbness wears off. We don’t want you unknowingly chewing on the inside of your cheek or lip!

**Getting used to your temporary:** To keep your temporary in place, avoid eating hard or sticky foods (like gummy bears or chewing gum). Maintain good brushing habits, but do not floss until you get your permanent restorations. Flossing may remove the temporaries. Your temporary veneers are made of acrylic and will serve you for a short time period while your permanents are being made by our dental lab. Temps are cemented with a “temp” cement, they by nature are meant to come out. If your temp comes off, call us and we will replace it. If you cannot come in, place some denture adhesive (for ex: Fixodent) on the veneer/cap and replace it until you can see us again. The size, shape and color of your temporaries do not necessarily resemble the final product. Your temporaries may leak saliva onto the tooth. You may also feel sensitive to cold, hot, pressure and sweets. You may also see stains under the temporaries; these will be removed prior to final cementation.

**Once you receive your permanent restorations:** As with your own natural teeth, avoid chewing very hard foods. If it can break what Mother Nature gave you, it will break your cosmetic dentistry veneers or porcelain crowns. If your teeth are sensitive to hot, cold or pressure, use desensitizing toothpaste. If sensitivity persists or increases beyond a few days, call us. To reduce any discomfort or swelling, rinse your mouth three times daily with warm salt water (one teaspoon salt in a cup of very warm water). It’s normal for your gums to be sore for a few days. More specifically, if you had cosmetic work on your front teeth, it is advised not to bite into any hard foods (baguettes, nuts, apples etc). Cutting your food into smaller pieces is recommended.

**How long should I expect my new crown to last?** Many factors can influence the longevity of your dental restorations. In our office we strive for perfection and your complete satisfaction. Let us remember in today’s dentistry everything is geared toward prevention. Instead of going to the dentist every few years, when it hurts, let’s try preventive dentistry. Studies have shown that when people go to the dentist every six months for their continuing care the need for procedures such as root canals, fillings, crowns and gum surgery are virtually eliminated. If you spend four minutes in the morning and four minutes in the evening brushing, flossing and doing any other special treatments your hygienist or dentist recommends and visit the office every six months to have your teeth professionally cleaned, checked for decay, or apply a fluoride treatment you can prevent almost all disease. This is why we cannot stand by our treatment if we don’t see you for your regular six month check-ups.

**With six month check-ups your teeth and your gums are winners!**

1. For a period of five years from the date of service, we will replace a crown or bridge due to breakage, misfit, or decay at no cost to the patient.
2. This warranty is null and void if the patient does not maintain his/ her continuing care cleaning appointments.

Porcelain crowns and laminates are the same for practically all cases except that porcelain can chip. Approximately one out of every 100 porcelain crowns chip and need replacing. If your porcelain crown chips in the first five years we will replace it for free.