

How to look after your temporary crown

Please follow these simple rules to prevent complications and make yourself more comfortable.

Your tooth has just been protected with a Temporary Crown, which will protect your tooth while a custom made Permanent Crown is being made for you. The Temporary Crown is made by 3M in California, and is cemented with “IRM” (Intermediate Restorative Material) which is also made in USA, and was developed to be the strongest and most sedative available.

Here are some important facts you need to know about your Temporary Crown:

1. **Cement Setting:** Takes 30 minutes – please do not chew during this time. Small excess pieces of the white IRM cement near the gum may come away over time - this is normal.
2. **Shape and Size:** Temporary Crowns are selected from a Kit for each patient, but they will not resemble the final crown, which indeed is being custom made especially for your tooth.
3. **Colour:** The colour of the Temporary Crown does not resemble the final (Permanent) crown in any way.
4. **Tooth Sensitivity:** Your temporary crown will help protect the underlying prepared tooth. This will take a few days to settle down but you may notice slight sensitivity to heat, cold or sweet lasting for a few seconds - these are sensations you won't feel when your permanent crown is in place. Continued increasing sensitivity to hot is **not** normal and needs to be reviewed.
5. **Bite:** It is normal for the Temporary Crown to feel “slightly high” for the first day or two. The surface will adapt to your bite after this time. Continued extreme sensitivity to biting or chewing is not normal and needs to be reviewed.
6. **Electric Twinge:** Occasionally this may occur with some aluminium foil or spoons etc.
7. **Taste:** Occasionally patients may detect a metallic or “oil of cloves” taste from the temporary cement. This does not happen with the permanent cement.
8. **Gum:** It is normal for the gum to be tender or sore for up to a week. Use Chlorofluor Gel to help healing. If gum is still sore after 1 week contact the practice.

Areas to take special care:

1. **Chewing** – Temporary crowns are not strong:
 - They may occasionally break or come off. If this should happen to you, please contact our Practice immediately. Bring your crown with you and we will recement it. Should you be unable to contact us, simply go to a pharmacy and get some Denture Adhesive Cream (e.g. Polygrip) Replace the Temporary Crown on your tooth using the Cream to hold it in place until you can contact us.
 - If the temporary crown comes off, please do **not** leave the temporary crown out of your mouth. If you need to see a dentist whilst travelling please ask to recement **Only** with IRM or Tempbond **Not** Resin/Rely X/Fuji. Without the Temporary Crown your underlying tooth stump may move or chip and then the permanent crown may need to be remade
 - Avoid sticky foods (minties, lollies, toffees, chewing gum etc.) & Avoid hard foods (nuts, muesli, ginger nut biscuits, ice etc.)
2. **Cleaning:**
 - Always clean the Temporary Crown with a brush only.
 - **AVOID** floss, Piksters and woodsticks, as they can pull or lever the Temporary Crown out.
 - Use Chlorofluor Gel as required after cleaning teeth at night