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Temporary Restoration Care Instructions

A prototype, or temporary restoration is a resin-based material that is placed on your tooth until your permanent restoration is made and ready to be placed. It's normal for the gum tissue around the tooth to feel a little sore. Rinsing with warm salt water for a day or two will usually help.

WHAT NOT TO DO:

DO NOT chew sticky foods (gum, caramels, taffy) as this can dislodge your temp.
DO NOT pull up when you are flossing; pull the floss through the teeth instead of upward
DO NOT chew anything really hard (pretzels, peanut brittle, ice) as this can break it

It is not unusual to have the following concerns with the temporary:

- **It feels rough or “high”:** If it feels like you are hitting that tooth hard or if it is irritating your tongue, please call us so we can schedule a time to adjust & polish your temporary.
- **It came off:** This is the most common problem. Of course, it is supposed to come off easily but it's important for it to be on the tooth. So, please use the attached cement to put it back on with. First, clean off all of the white stuff, which is temp cement, from inside the temporary and your tooth. (Cold water may make the tooth sensitive so be sure to use warm water when you are cleaning off your tooth). Then, try the temp back on the tooth to be sure you have it on the right way. Then, cut the package of cement open and squeeze equal parts of both sides onto the paper provided. Mix it until it's a light yellow color; spread a thin layer onto the sides of the temporary and place it back into the correct position and hold it in place for two minutes. Then, wipe off any excess cement.
- **It's sensitive:** The temporary won't always fit as well as the permanent restoration will, so there may be some minor sensitivity to hot & cold, as well as chewing. If it is too uncomfortable, please call us.
- **It's not how I want the permanent to look:** Don't worry! The permanent will look like your natural teeth.