

# Gladstone Family Dentistry

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## Post Op Instructions for Custom Made Temporary Crowns and Onlays

Your temporary crown(s) have been placed with a type of cement that can easily be removed at your next visit.

- ◆ This custom temporary is made especially for you. It is there to protect your tooth and maintain integrity and relationship of the adjacent teeth.
- ◆ Avoid eating sticky foods – i.e. chewing gum, candy bars, peanut butter sandwiches, etc. as these may adhere to your temporary and lift it off.
- ◆ Avoid eating hard foods – i.e. peanuts, popcorn, hard candies, etc. as these may rock loose or break your temporary.
- ◆ When flossing be sure to pull your floss out through the side instead of popping it up and down, as this could also cause the temporary to become loose.
- ◆ If the temporary comes off, save the temporary. You can try to reapply the temporary by using some Vaseline mixed with a small amount of cornstarch. Please call the office to set up an appointment to have the temporary re-cemented.