

#### How long will I be numb?

Lips, teeth, cheek and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

#### Is it normal for my gums or jaw to be sore?

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with 1/2 tsp of warm salt water can help to alleviate discomfort. Injection sites can be sore for several days after your appointment. Over-the-counter pain medications work well to alleviate tenderness.

#### My bite feels off, is this normal?

If your bite feels uneven, please call our office so we can make a quick adjustment to the filling. Do not assume your bite will get better after a time. The tooth may become irritated, have an increased amount of temperature sensitivity, and a toothache may occur if the filling is not adjusted properly.

#### Is it normal for my tooth to be sensitive?

It is normal to experience some sensitivity to heat, cold, sweets and pressure after your appointment. This sensitivity may last from several weeks to several months after treatment. Usually, the deeper the cavity, the more sensitive the tooth will be following treatment. Again, make sure that your bite feels even.

#### What foods should I avoid with the temporary?

Avoid eating chewy and sticky foods such as gum, taffy or licorice. Also, try not to eat hard foods directly on the temporary as it may fracture. It is best, if possible, to chew on the opposite side from the tooth that was worked on to avoid dislodging the temporary.

#### What should I do if my temporary crown comes off?

Occasionally, a temporary crown may come off or fracture. Call us if it occurs and bring your temporary to the office so that we may recement or repair it. If the temporary comes off during off hours or if you are out of town, you can purchase recementing products from the drug store and attempt to recement it yourself by following the directions.

#### Can I brush and floss around my temporary?

You may brush your teeth and temporary crown as usual using a soft toothbrush. Floss your temporary crown carefully. Do not pull up/down on the floss as this may dislodge or loosen the temporary. Instead, pull the floss out from the side of the temporary. If a temporary bridge was placed, use a floss threader to clean underneath the bridge and pull the floss out through the side or front of the temporary.

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If you have questions or concerns, please call the office so we may address them on a case-by-case basis.

**401 783-1530**