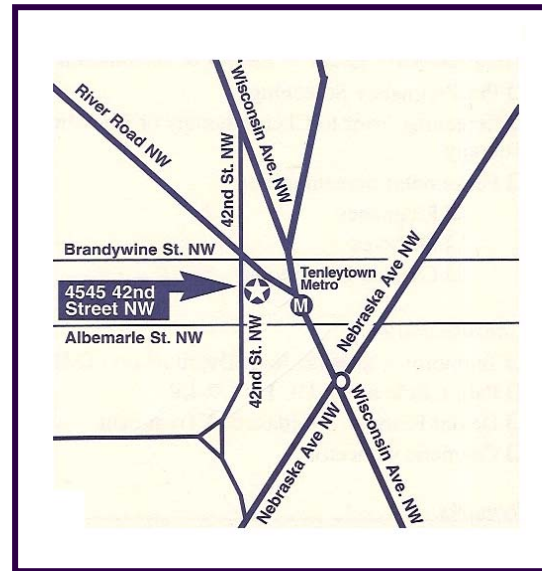


## HOW TO CONTACT US

We are here to take care of your dental needs. Should you have any concerns or questions please feel free to ask any member of our team for assistance. Remember, contact us immediately if you have a problem with your temporary crown or have any pain.

Drs. Penski and Irvin are available by telephone and Emergency cell. Our office number will direct you to our emergency number. Our office telephone number is (202) 244-6650. If the doctor on call does not answer, please leave a message with your name, the problem you are having and your return phone number. The doctor will get back to you as soon as possible.



## HOW TO CARE FOR YOUR TEMPORARY CROWN

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Margaret Irvin, DDS  
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## How to care for your temporary crown

You have just had a tooth prepared for a permanent crown. The temporary crown, also called a provisional restoration is the working model for the finished product. It serves many purposes. It has an aesthetic purpose and a protective purpose. It protects the tooth as you eat and speak. It holds the space for this tooth between the adjacent teeth. It allows us the time to diagnose possible complications that may arise during the next two to three weeks as we wait for your final crown to be constructed by our dental laboratory.

### Brushing and flossing

1. You may brush your temporary crown normally.
2. You must floss differently. You may place the floss between the teeth as usual. You may slide the floss back and forth to clean the interdental papilla as usual. What is different is that when you remove the floss you must slide it horizontally out from between the teeth. This motion is designed to prevent the floss from “popping out” the temporary crown.

### Eating with your provisional restoration

1. You may NOT have foods that have an extremely sticky quality. Foods that fall into this category are gum, gummy bears, milk duds, caramel, and starbursts. Bagels and nutrition bars also fall into this category. We prefer that you do not eat nuts or popcorn while the provisional is in place.
2. You MAY have foods that are hard. Carrots, granola and apples do not pose a problem. The provisional material is designed to withstand compression and chewing forces.

### What to do if you dislodge your provisional.

1. Please notify our office immediately. It is a simple matter to clean, disinfect and recement your temporary crown.
2. Do not use over-the-counter cements unless we specifically advise you to use one.
3. Do not delay in notifying the office if your provisional cracks or breaks in any way. Remember, the purpose of the provisional is to maintain space and to aid us diagnostically. We always need to see you if a problem arises.

### What to do if you have pain to chewing and/or cold.

1. Call us immediately. We are using the period between preparation of the tooth and final cementation to diagnose possible complications in your teeth. It is imperative that we are advised of your symptoms.