

## POST-OPERATIVE INSTRUCTIONS

You've just had your tooth prepared and temporized for a porcelain insert. It is advisable to make sure your local anesthesia has worn off before you begin eating.

The restoration you currently have in your mouth is temporary. Because it is temporarily placed, you need to take special precautions:

1. Avoid chewing any sticky or hard food on the tooth.
2. Do NOT floss around your temporary.
3. Your gums might be sore or sensitive after the procedure. Many times it is advisable to rinse with hot salt water (a cup of warm water with a teaspoon of salt) a few times a day to facilitate your gums' healing.
4. Your tooth might be sensitive after the procedure. If such is the case, taking over the counter pain medications should help ease the discomfort.
5. If any hot sensitivity or throbbing pain occurs or if the tooth seems to be getting worse, here is what could be happening:
  - a. The bite on the temporary can be "high".
  - b. The nerve could be undergoing an irreversible inflammation whereby the tooth could not recover from the trauma/decay and a root canal procedure may be indicated.
  - c. A fracture could exist in your tooth.

A follow up visit should be set up by the patient so that we can re-evaluate the tooth and proceed with the proper treatment.

Make sure to contact the office if the temporary restoration ever comes off before your follow up appointment. It is **extremely important** to have the temporary re-inserted in order not to allow the tooth to move and hence, the permanent porcelain insert not fit.