



## Homecare- Temporary Indirect Restorations

### **Chewing and Eating**

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

Avoid chewing for at least one half hour to allow the temporary cement to set.

To keep your temporary in place, avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

### **Brushing and Flossing**

Brush normally, but floss very carefully. Remove floss from the side to prevent removal of the temporary inlay or onlay.

If your teeth are sensitive to hot, cold, or pressure, use a desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

### **Medication and Discomfort**

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's not unusual for your gums to be sore for several days.

### **When to Call Us**

Call our office at 408-377-5134 if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or you have any questions or concerns.