

## Care of Provisional Restorations

### Brushing and flossing with provisional restorations

Brushing and flossing vigorously will keep the tissue from bleeding on the day of cementation. Bleeding increases the chance that the restoration might need to be redone, and invites post-operative sensitivity, as well as recurrent decay and gum disease. It could even result in the need for a root canal.

- ◆ Brush thoroughly, especially around the gum line, three times a day.
- ◆ Floss daily. Pull the floss out from the side, not up from between the teeth, because this will dislodge the provisional.
- ◆ Use a bridge threader to get the floss between splinted provisionals.
- ◆ Thoroughly floss under all pontics (artificial teeth) each day, so they do not collect debris and odors.
- ◆ Like the Nike ad says: "Just do it!"

### Preventing damage to your provisional restoration

Avoid sticky foods and chewing gum, because they will dislodge the provisional. Do not use toothpicks and interdental stimulators.

- ◆ Avoid chewing hard substances like candy, hard bread, tough meat or ice. These could break the provisional, or worse yet, the tooth.
- ◆ Avoid peroxide toothpastes.
- ◆ Stop all bleaching three weeks before your cementation appointment. Bleaching solution and some peroxide toothpastes can turn the provisionals an orange color. Don't concern yourself; this does not harm the provisional restoration.
- ◆ Reverse the Nike ad: "Just DON'T do it!"

### Managing problems

- ◆ Please call us immediately if a provisional comes out, loosens or breaks. These occurrences may cause the tooth to drift, resulting in problems with the bite and the contacts between the teeth. Loose provisionals may require the case to be made over, and often result in root canals.
- ◆ If you have any questions, problems or concerns, please call our office. Your dental well being is our primary concern