

# **Julita S. Patil, D.D.S., INC**

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## **Take Home Instructions for Temporary Bridge**

You have had state-of-the-art appointment for a custom Bridge. The teeth were prepared and digital scans of the teeth were taken. They will be sent to the lab for fabrication. A temporary bridge was placed at this appointment to hold the teeth in position while the restoration is being made.

### **Use Caution Immediately after appointment**

When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment.

Until the numbness has completely worn off, avoid:

- any chewing
- hot beverages

It is very easy to bite or burn your lip or tongue while you are numb.

**If you have any prolonged numbness, inability to open and close, stiffness or pain in the jaw or any other symptoms you are unsure of please call us.**

### **Here are some things you can do in the meantime:**

- Take ibuprofen 400 mg every 4-6 hours as needed
- Hot or cold compress 10 minutes at a time, 3-4 times per day.
- Massage the area.
- Avoid hard, chewy foods.

### **To keep your Temporary Bridge in place:**

- Avoid sticky foods such as gum, caramel, etc.
- Avoid hard foods such as nuts or peanut brittle
- Chew on the opposite side of your mouth.

It is important to brush normally. Daily flossing is very important but use caution. **When flossing, don't pull up on the floss but pull the floss out from the side of the temporary crown.**

### **Sensitivity**

It is normal to experience some temperature and pressure sensitivity after each appointment. The sensitivity should subside a few weeks after the placement of the final restoration. Mild pain medications may also be used as directed by our office.

- Any swelling and/or discomfort in the area of the injection is common. If you experience this, please use a warm or cold compress, whichever one provides you better relief. Use the compress for 10 minutes 3 times per day.
- Please call our office if you experience any unusual discomfort.

If your bite feels uneven, if you have persistent pain, or if your temporary bridge comes off. **Call the office immediately at 925-689-2585** so we can re-cement it ASAP.