



SHINE

TEMPORARY CROWN

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TREATMENT PLAN

YOU'RE HALF WAY THERE!

A few things to keep in mind:

NOTHING CHEWY OR STICKY

Something too sticky can pull the temporary crown off. So try to avoid gum, dried fruits, and candies during the interim time.

NO FLOSSING

Flossing can pull your temporary crown off, so no flossing on either side of the temporary. The rest of the mouth is fair game though!

NOTHING TOO HARD

The temporary crown is still fragile, so avoid those foods that are hard to bite — think raw vegetables, ice, and granola.

SENSITIVITY CAN OCCUR

Following your appointment, some sensitivity can occur. An over-the-counter pain reliever should help. If the discomfort persists after 48 hours, give us a call!



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