



Cosmetic Temporary Phase Instructions

Congratulations! You have completed a big step in improving your dental health and appearance!

When you leave our office today, you will be wearing temporaries (provisional restorations). If you have more than one temporary, it will be connected to the other temporary(s). Therefore, while in the temporary phase, you will not be able to floss between your teeth. You are encouraged to clean around them with your toothbrush and Waterpik (if you have one). It is extremely important that the tissue around each temporary stay healthy. This will greatly aid in the placement of your permanent restorations. Your doctor may suggest warm salt-water rinses in addition to your normal routine.

While in this temporary phase, please do not use your front teeth to bite through or tear food. Very soft foods, such as bananas, should be fine. Anything harder could cause your temporaries to break or come off. If anything ever feels loose, chipped, or broken please call our office immediately. If you have been given a temporary guard or retainer for protection at night, please wear it.

Your temporaries are in the shape and design of your new smile. While in this "test drive" phase, we need to know if you notice any speech issues that arise. Also, please note while chewing if you feel your teeth are bumping, hitting, or squeaking. This is not normal. You may need the bite adjusted, please call immediately.

Your temporaries are made of plastic. Your permanent restorations will be made of porcelain. Because plastic can pick up stain, do not be alarmed if you notice your temporaries become discolored. The more staining foods and beverages you consume, the more likely this is to happen. Once your permanent porcelain restorations are placed, this will not be an issue.

If you have any questions or concerns, please call the office.
Thank you for your confidence in our team. We appreciate you!