



### Instructions For Care Of Your Temporary Restorations

The proper care and cleaning of your new temporary restorations is of the utmost importance for the success of your new smile. These instructions are MANDATORY and are expected to be followed. Not following these instructions will result in the delay of your permanent restorations being seated and/or a fee to reschedule your seat appointment.

- 1) Your temporaries are to be flossed at a minimum of two times per day. If you see ANY bleeding at all then you need to floss MORE than two times per day. Bleeding does not mean you should stop flossing. A Waterpik DOES NOT replace flossing with floss and threaders! If you are bleeding you must call us as soon as possible.
- 2) You are to brush your teeth at least three times per day. Leaving any plaque on your temporaries will cause inflammation in your gum tissue.
- 3) You will be required to come in for an appointment to have your temporaries flossed and your gum tissue checked by one of our team members one week prior to your seat appointment. Any bleeding noted will result in a delay in your seat appointment.
- 4.) Please do not eat anything with turmeric or **CURRY** this will stain the temporaries. Also be cautious of coffee and red wine.

Also remember that you are not to bite into ANYTHING with your temporaries. You will need to tear or cut your food and place it in your mouth to chew. Biting into foods of any kind can result in your temporaries breaking and needing repair.