

## **Home Care Instructions For A Provisional (Temporary) Restoration**

- Do not bite or chew on that side (if possible)
- Avoid sticky foods (bread, toffee, gum, chocolate, etc)
- Rinse with salt water for the first 3 – 4 days (1tsp salt to 1cup water)
- Avoid flossing on either side of the temporary; if you have to floss, pull it out through the cheek side
- Gently massage the gum concentrating on “pulling” the gum toward the tooth

### **If The Provisional Tooth Comes Off**

- Try not to swallow it and contact the office
- If you are out of town use a **little bit** of toothpaste or denture adhesive to put it back on