

# Temporary Tooth Care

## Follow up Information

- Avoid anything hard or sticky (nuts, ice, popcorn, gum, caramel, chips, etc.).
- When flossing lower teeth, insert floss and pull down.  
DO NOT PULL UP when removing the floss - pull out from the side.
- When flossing upper teeth, insert floss and pull up between teeth.  
DO NOT PULL DOWN - pull out from the side.
- Avoid using SonicCare or Water Pik on the temporary tooth.
- If the temporary tooth comes off over the weekend, do not worry. Dry off the tooth and place a little dab of Vaseline. DO NOT USE GLUE OR DENTURE ADHESIVE. Gently insert the tooth back into place. Please use caution and gently bite down on a piece of cotton or similar, soft material when biting the first tooth to test it has been reinserted correctly.
- If you experience tooth loosening or coming off as described above, please call our office on the next working business day and we will schedule you to have it recemented. Our contact information is on the other side of this card.



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