



INSTRUCTIONS AFTER CROWN PREPARATION

Massage gums upward/downward 10-15 times, twice daily.

Floss **ONLY** if necessary. Pull floss **OUT**, not up/down.

Rinse with warm salt water, twice daily for seven days. (Add ½ teaspoon salt to 1-cup warm water).

Eat on the opposite side. Do not eat any sticky foods that could pull off the temporary crown e.g. gum.

Take Tylenol or Advil as needed for discomfort.

Call the office at 416 536-2626 if your temporary crown comes off.