

Home Care Instructions: Full Arch Provisional Crowns

You have been fitted with **full-arch temporary crowns** (also called provisional restorations). These crowns help protect your teeth, gums, or implants while your mouth heals and your final prosthesis is being prepared. Please follow these important instructions to care for them properly:

Daily Care Routine

- Brush gently twice a day using a **soft-bristle toothbrush**.
- Use **non-abrasive toothpaste** to avoid wearing down the temporary material.
- Rinse with an **antibacterial mouthwash** (such as chlorhexidine if prescribed) once daily.
- Use a **water flosser** or **floss threaders/superfloss** to clean under any bridge areas or around implants.
- If recommended, clean under the prosthesis using an **interdental brush** or **rubber tip stimulator**.

Eating Guidelines

- Avoid **hard foods** like ice, nuts, popcorn, hard candy, and raw vegetables.
- Avoid **sticky foods** such as gum, taffy, or caramel.
- **Cut food into small pieces** and chew slowly and evenly.
- Do not bite directly into hard foods with the front teeth.
- Stay away from foods and drinks that **stain easily** (coffee, red wine, berries).

What to Avoid

- Do not use your teeth to **open packages or bottles**.
- Avoid excessive pressure from grinding or clenching. If you have a nightguard, use it as directed.
- **No smoking or vaping**, as these can affect healing and stain your provisionals.

Nighttime Care

- Brush thoroughly before bed.
- Wear your **nightguard or occlusal appliance** if one was provided or recommended.
- Do not sleep with any **removable appliance** unless instructed otherwise.

Contact Us If You Notice:

- Looseness or movement of the crowns
- Chipping or breakage
- Irritation, swelling, or bleeding in the gums
- Pain when biting or persistent soreness

- Bad odor or taste that doesn't go away with cleaning

Follow-Up Care

Be sure to attend all follow-up appointments to monitor healing and prepare for your permanent restoration. Your provisional is temporary—handle it with care to ensure the best final result.

If you have any questions or concerns, please call our office. We're here to help you heal comfortably and successfully!