



7740 El Camino Real, Suite C  
(La Costa Towne Center)  
Carlsbad, CA 92009  
**Phone (760) 634-2244**  
Fax (760) 634-2233

27800 Medical Center Road, Suite 208  
(Mission Hospital Bld. 1)  
Mission Viejo, CA 92691  
**Phone (949) 364-0223**  
Fax (949) 364-0224

23521 Paseo De Valencia, Suite 206  
(Taj Mahal Bld. on El Toro)  
Laguna Hills, CA 92653  
**Phone (949) 770-7766**  
Fax (949) 770-6633

**Excel Dental & Implant Center**  
**Excel Orthodontics**

### **Crowns and Bridges**

Crowns and Bridges are usually completed in two appointments. Following anesthesia the teeth are prepared for a permanent bridge/crown and an impression is taken. Your dentist may have to take more than one impression. It dictates the precision of your permanent bridge or crown. Then a temporary bridge/ crown are placed on the teeth for protection. The size, shape, and color of the temporary do not resemble the final restoration. A temporary bridge/crown is easily removed; therefore care must be taken not to dislodge it before your permanent bridge/crown is placed.

- ❖ Do not chew sticky foods such as caramel or chewing gum
- ❖ When flossing, pull the floss out the side; do not pop it through the contact with the tooth next to it. You will not be able to floss between the teeth of your temporary bridge.
- ❖ Be sure to brush and floss your new bridge. With a bridge, you will need special floss threaded or other aids to reach and clean all areas properly.
- ❖ If your temporary bridge/crown comes off, you can place some Fixodent (available at any pharmacy) inside it and put it back on, then call our office during normal business hours and we will re-cement it. Do not leave your temporary off, even if you have no discomfort.
- ❖ Without a temporary bridge to hold your teeth in place, your teeth can move causing your new bridge not to fit. If this occurs, you would have to purchase another bridge.
- ❖ Your gums may be sore. Warm salt water rinses will speed healing. You may have sensitivity to hot or cold. This is common and normal because the temporary is not an accurate fit of the prepared teeth.

If you feel the bite is not correctly balanced or you are biting first/harder, please contact our office for an appointment for a simple adjustment. Your comfort and health is our priority!