



DESERT VALLEY DENTAL

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## **CARING FOR YOUR TEMPORARIES**

- 1. Rinse with warm salt water.*
- 2. Massage area with a soft toothbrush.*
- 3. Try to avoid extreme hots and colds.*
- 4. If your temporary comes out, either call us, or put it back in place yourself. It needs to remain in place so the permanent work will fit properly.*
- 5. Do all heavy chewing on opposite side of the mouth.*
- 6. Flossing is usually not necessary, but if an area requires it, pull floss down and out through the side.*