REVEAL DENTAL
COSMETIC, FAMILY & IMPLANT DENTISTRY

Care Instructions for **Permanent Crowns**

If you have had anesthetic, please be careful not to bite your tongue or the inside of your cheeks. Avoid eating chewy foods until the numbness has worn off.

Now that your crown or bridge has been cemented there are a few things to expect and to care for.

Initially you may experience some sensitivity to cold as the tooth may be slightly irritated by the cement. Sensitivity toothpaste generally helps (ie. Pronamel by Sensodyne or Crest for Sensitivity teeth). Also, if after a couple of days your “Bite” seems off or it just doesn’t feel normal, please call our office for a slight adjustment. It is extremely important to maintain excellent oral hygiene with your new crown or bridge. Some people have the misconception that a crowned tooth no longer needs to be maintained. That is simply not true. Crowns and bridges are still susceptible to decay near the gum line the same as a natural tooth.

The crown strengthens the portion of the tooth above the gumline but this margin area requires special care. Normal brushing and flossing is a must. Additional use of a fluoride rinse (ie. ACT or Carifree), and a high fluoride content toothpaste or gel (ie. Prevident 5000 or Gel Kam) are excellent for preventing additional root decay. These additional aids are extremely important for patients with a high decay rate and/or a history of periodontal disease.

Most all crowns and bridges have a ceramic outer layer or are all ceramic. These materials are very strong and color stable but they still have potential to fracture the same as a natural tooth, as a rule of thumb, don’t do anything with a crown or bridge that could damage a natural tooth. DO NOT CHEW ICE! The extreme temperature change greatly increases the fracture of porcelain and natural teeth.

Fixed bridges require additional cleaning under the pontic (Missing tooth). Since this “Fake tooth” is connected to the adjacent teeth a bridge threader is used to thread floss under it to remove plaque. These are readily available at most pharmacies. We would be happy to demonstrate how to use them.

If discomfort continues beyond a week or so or seems to worsen please call our office. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.

If you have any questions please call @ 512.337.2316 or email us at info@revealdental.com.