

CARE INSTRUCTIONS

Crown or Bridge

These materials are long lasting restorations, which will serve you for many years. Although they will aid you in saving your teeth, they will require some additional care and instruction.

CHEWING:

Allow at least an hour before eating or drinking anything hot. The permanent cement will require this amount of time to start to completely set. You will need to pamper your new crown today by chewing on the opposite side if possible. In 24 hours you may eat as usual. It is never recommended that a patient eat sticky, chewy candies, as they will tend to remove crowns and bridges. If you have porcelain crowns you should not chew on ice as it may fracture the porcelain from the metal under-structure.

HOME CARE:

Crowns should be treated as natural teeth in their daily care. Brushing and flossing daily are imperative to the future health of your crowned teeth. If you are receiving a new bridge make sure you know how to floss under it. This technique may take some practice to perfect. Flossing under the bridge is necessary to remove any debris and to keep the gum tissues healthy. The margins of crowns and bridges are at the gum line. This margin is butted up against the tooth smoothly. However, the underlying tooth is susceptible to decay like a natural tooth.

SENSITIVITY:

Your gums may be sore from having had a temporary restoration in place; this will improve upon having the permanent restoration cemented. If you feel you hit your new crown or bridge when biting together, a slight adjustment on the restoration may be needed. Rinsing with warm salt water, along with brushing and flossing will aid in the healing and comfort of the gums.

If you have any questions or concerns, do not hesitate to call us.