



PATIENT HOME CARE FOLLOWING CROWN OR BRIDGE APPOINTMENT

Are there any foods I should avoid with my temporary crown (or bridge)?

Before you eat you should assure that the local anesthetic has completely worn off. This is to prevent you from biting or injuring your lip, cheeks or tongue. Avoid chewing anything very hard or sticky on the temporary crown.

Examples to avoid are things like gum, hard crusty bread, taffy or hard candy.

How do I care for my temporary crown (or bridge)?

It is important that the temporary crown (or bridge) stay in place until the permanent crown is inserted. If the temporary crown becomes dislodged or feels uncomfortable, please call us so that we may see you as soon as possible. Do not attempt to "glue" the temporary crown back in yourself or "go without it" as the teeth may become sensitive or shift slightly preventing insertion of the permanent crown. You can use a denture adhesive like Fixodent to temporarily hold the crown or bridge in until you can get to our office.

Some cold sensitivity and tenderness around the gum is normal for the first few days. To prevent pulling the temporary crown off, pull the floss thru the contact instead of up and down. Brush carefully and thoroughly around the area. It is important to brush and keep the gum tissue as clean as possible.

Remember, we are happy to see you to check the temporary crown if you have a question prior to insertion of the permanent crown.

LONG TERM CARE OF YOUR NEW CROWN OR BRIDGE

Now that your new 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 (i.e. Sensodyne or Colgate Pro-Relief). 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 gumline 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.

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.