

After Care Instructions: Crowns

MARCH 2022

WHY IS A CROWN NEEDED?

A crown is prescribed when a tooth is lacking too much supporting tooth structure to be restored by merely a filling. The forces from you biting will likely create cracks or fracture the tooth. Replacing with only a filling will not likely last for long, so a crown is in order. A crown covers the ENTIRE tooth and protects it from air, cold, and decay.

TEMPORARY CROWN

The process starts with you receiving a temporary crown which is not designed to be worn for a long time. It is attached with temporary cement. This allows us to remove it without damaging the tooth. Your permanent crown will fit and feel completely different and will be put in with permanent cement.

- NORMAL SYMPTOMS include mild sensitivity to chewing, temperature, and sweets
- ABNORMAL SYMPTOMS include severe sensitivity or a constant, dull ache. Call our office if you experience this.

TIPS & CARE

- DO NOT EAT for 3 hours on the tooth with the temporary crown.
- DO NOT FLOSS in an up-and-down direction. Sliding the floss out is okay, but flossing and pulling the floss back up will usually pull off your temporary crown.
- AVOID sticky foods, extremely hard foods, and very sweet foods.

If your temporary crown is off for a prolonged period of time, your teeth can drift causing your permanent crown to not fit. If your temporary crown comes off and you cannot get it back on, call the office for an appointment. We will schedule you for a short appointment (usually less than 30 minutes) and recement it or make you a new one.

DIY: RECEMENT TEMPORARY CROWN AT HOME

1. Determine which way your temporary crown fits.
2. Clean out and dry the temporary crown.
3. Bite down on a paper towel to dry your tooth.
4. Place a pea-sized drop of toothpaste, sugarless gum or denture adhesive inside your temporary crown.
5. Bite down on the crown for a few minutes to set it in place. Once in place, if it doesn't feel right, call our office so we can recement it.



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