



## *Got a crown or bridge done today!!*

Crowns and or bridges are usually done in two visits. At your first appointment dentist begins with profound numbing of the tooth. Dentist will prepare the tooth for permanent crown or bridge. After that dentist will take impression, this impression is very important and has to be precise for the final results. Then the temporary crown or bridge is cemented to protect the tooth in between appointments. The size, color and shape of the teeth do not affect the final permanent crowns. The dentist will then need your help and consent to pick the shade of the tooth color for final crown.

### *Avoid any hard sticky or chewy foods.*

*Examples to avoid: Gum, Hard Crusty Bread, Taffy, or hard candy.*

Temporary crown can easily break or come off so we request you to be very gentle on it. Use soft tooth brush to keep good oral hygiene. While flossing pull the floss out the side and do not pop it out through the contacts, that may loosen the bridge or crown and it may come off. If the temporary comes out please call our **office** to re-cement it for you.

Please do not wait for next scheduled appointment. Temporary crowns and or bridges keep your teeth in place and help the final crown or bridge to fit accurately. If you cannot come to our office you can use any **denture adhesive cream** available over-the-counter at any pharmacy.

If you feel the bite is not correct, call our office, we will get you in for quick adjustment. Do not continue using temporary with off-bite, the temporary may break or you might have soreness on opposite tooth.

### *Long Term Care of Your New Crown or Bridge:*

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. 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 simple 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 gum line but this margin area requires special care. Normal brushing and flossing is a must. Use

of a high fluoride rinse, toothpaste or gel is excellent for preventing root decay. These additional aids are extremely important for patient 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 addition 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.

Please feel free to call us if you have any questions at **562.860.6626**

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