



## Homecare of Your New Crown(s)

Crowns are ideal for restoring teeth that have been badly damaged due to tooth decay, cracks or breaks. They are often placed on a tooth that has received root canal treatment and are also used as the final restoration on a dental implant. In our office, the creating and placing of a crown is generally accomplished in two visits.

At your first crown visit, we generally prepare the tooth for a crown and make impressions which are sent to the professional dental laboratory where your permanent crown is being custom fabricated. You will leave this visit with a temporary crown that has been placed on your tooth to cover and protect it, as well as maintaining proper spacing between the adjacent teeth. You will wear this Temporary Crown for approximately two weeks while the lab is creating your Final Custom Crown.

### Temporary Crowns

Because temporary crowns are just that - a temporary fix until a permanent crown is ready - we suggest a few precautions:

- **NO CHEWING WHILE NUMB** - Avoid chewing or eating until any numbness from the anesthetic wears completely off. Otherwise, you may bite your inner cheek, tongue or lips and not even realize it.
- **AVOID HARD OR STICKY FOODS** - We have used a temporary cement/glue so we can remove it more easily to place your permanent crown in approximately two weeks. Please avoid eating sticky, gummy or hard foods that may grab or dislodge the temporary crown. (Examples: caramels, gum & taffy or nuts, hard candy, ice & raw vegetables)
- **CAREFUL FLOSSING** - You should be able to brush normally, but should be extra careful when flossing. Since pulling up on the floss around the crown could possibly dislodge it, we recommend removing the floss from the side of the tooth.
- **GUM SENSITIVITY & TENDERNESS** - You may experience mild pressure sensitivity and/or gum soreness. If it persists more than 4 days, please call the office. We recommend that you rinse with warm salt water to help reduce pain and swelling. Over the counter medicines such as Acetaminophen, Ibuprofen or Aleve can also be taken according to directions.



### Permanent Crowns

Once the permanent crown is cemented on, it is best to avoid sticky things for the first 24 hours. After that, you may eat, drink, and clean your tooth just like you did before. The crown and gum may be tender or sensitive for the first few weeks while the gum is healing from the work done.

## When Should You Call Us???

- **TEMPERATURE SENSITIVITY** - Sensitivity to cold or hot temperatures is not abnormal, but should go away within a few days. If yours persists longer than 4 days, you should call our office.
- **PAIN WHEN CHEWING** – This usually means the crown height is too high. If this is the case, Dr. Skinner can easily check and adjust it for you.
- **CHIPPED CROWN** - Crowns made of all porcelain can sometimes chip. If small enough, the chip may be repaired. Larger chips generally require a crown replacement.
- **LOOSE CROWN** - A loose crown can allow bacteria to leak in and cause decay to the tooth that remains. For this reason, it's important that you schedule an appointment to have the crown re-cemented.
- **CROWN CAME OFF** - If the crown comes off, make an appointment to see us as soon as possible and bring the crown with you. If you can't get to the dentist right away and the tooth is causing pain, use a cotton swab to apply a little clove oil to the sensitive area (clove oil can be purchased at your local drug store or in the spice aisle of your grocery store). If possible, slip the crown back over the tooth. Before doing so, coat the inner surface with over-the-counter dental cement such as Dentemp or Temparin to help hold the crown in place. These are available at most drug stores, Walmart and Target. **Do not use super glue!**



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