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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 (such as Sensodyne). If after a couple of days your “Bite” seems off or it just doesn’t feel normal, please call our practice for a slight adjustment.

On occasion, damage to the pulp of the tooth may occur following any restorative procedure due to a variety of reasons. If this occurs, further treatment such as root canal therapy may be necessary.

It is extremely important to maintain excellent oral hygiene with your new bridge or crown. Some people have the misconception that a crowned tooth no longer needs to be maintained. 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.

To ensure that you do not void your warranty and that the dentist can review your oral hygiene around the crown or bridge, you are required to attend for your active maintenance every 6 months.

Crowns and bridges have a ceramic outer layer or are all ceramic. These materials are very strong and colour stable, however, 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.

Avoid Chewing Ice. The extreme temperature change greatly increases the fracture of porcelain and natural teeth.

When flossing your crown, slide the floss out from between the teeth instead of lifting it back up through the contact of the teeth.

Fixed bridges require additional cleaning under the Pontic (missing tooth). Since this “false 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.