

Long term Care of your new Crown or Bridge

Now that your crown or bridge has been cemented, here are a few things to expect and tips for proper care:

- **Initial Sensitivity:** You may experience some sensitivity to cold initially, as the tooth may be slightly irritated by the cement. Using a sensitivity toothpaste such as Sensodyne can help. If your bite feels off or the crown doesn't feel normal after a couple of days, please contact our practice for an adjustment.
- **Potential for Further Treatment:** In some cases, damage to the pulp of the tooth may occur following a restorative procedure. If this happens, additional treatment such as root canal therapy may be necessary.

Oral Hygiene and Maintenance

- **Daily Care:** Maintaining excellent oral hygiene is crucial. A common misconception is that crowned teeth no longer require maintenance—this is not true. Crowns and bridges remain susceptible to decay near the gum line, just like natural teeth.
- **Brushing and Flossing:** Continue normal brushing and flossing. When flossing around a crown, slide the floss out rather than pulling it upward through the contact points to avoid dislodging it.
- **Cleaning Under a Bridge:** Fixed bridges require extra cleaning under the pontic (false tooth). Since this artificial tooth is connected to adjacent teeth, use a bridge threader to thread floss under it and remove plaque. These are available at most pharmacies.

Protecting Your Crown or Bridge

- **Avoid Excessive Force:** Crowns and bridges are made with a strong ceramic outer layer, but they can still fracture like natural teeth. Avoid activities that could damage them.
- **Do Not Chew Ice:** Extreme temperature changes from chewing ice can increase the risk of porcelain and natural tooth fractures.

Regular Dental Checkups

To ensure the long-term success of your crown or bridge, we recommend attending regular dental checkups every six months for professional cleaning and evaluation.

If you have any concerns or questions, please don't hesitate to contact our practice.