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LONG TERM CARE FOR YOUR
CROWN AND 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 (ie. Pronamel by Sensodyne or Crest for Sensitivity teeth). 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 simply not true. Crowns and bridges are still susceptible to decay near the gum line the same as a natural tooth.

The crown protects the portion of the tooth above the gum line but this margin area requires special care. Normal brushing and flossing is a must. Additional use of a fluoride rinse (ie. Act or Flurogard), and a high fluoride content toothpaste or gel (ie. Prevident 5000 or Gel Kam) are excellent for preventing additional 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 stabile 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 additional 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.