



HughRich Dental

## **TAKING CARE OF YOUR CROWN / BRIDGE PROSTHESIS**

Now that you have your crown/bridge it is important to take care of these dental structures. Listed below are some of the problems or concerns you may experience with crowns/bridges and possible solutions.

A period of adjustment is necessary with crowns/bridges. People usually feel funny when they bite or look in the mirror. Usually a 2-3 weeks adjustment phase is necessary.

When you are closing your mouth or biting, you may feel the prosthesis exert excessive force on the opposing tooth, i.e. you may not be able to close or bite properly. In this case, contact the practice for minor occlusal trimming and adjustment.

The gum margins around the tooth appear redder than normal and sometimes you may feel sensitivity around the prosthesis. This may occur due to inadequate cleaning or brushing around the crown/bridge or plaque build-up. Start rinsing your mouth with warm salt water (1 tablespoon of salt in a half a glass of warm water) at nights before going to bed. A suitable mouthwash like Savacol may also help. It is important to get into a routine of using Fluoride mouthrinses at night, as this removes particles of food that were not removed by brushing and have the added protection of fluoride.

With time a silver lining between the crown and the gum margins may appear. This may occur in some patients who have periodontal bone loss or do not follow good oral hygiene practices. The gum recedes and exposes the metal component of the crown. If this occurs, it may be time for a dental cleaning. Do not hesitate to contact the practice for reassurance.

Avoid snacks like toffee, or very sticky sweets, as these can loosen or pull the prosthesis out.

Should the crown/bridge fall out, please do not attempt to stick it back with any substances, like glue. Instead contact the practice for re-cementation of the prosthesis with proper dental materials.