



# KARAKORAM

## DENTISTRY

### **CROWN POST OP INSTRUCTIONS**

Please find post-op instructions for your first crown appointment below:

1. After your first appointment for crown treatment, a temporary crown is usually placed on the tooth or teeth involved. The temporary crown protects the site while the custom crown is being produced. Temporary cement is used so that the crown can be easily removed at your next appointment.
2. If your temporary crown comes off before your next appointment, place the temporary back on your tooth and call our office.
3. With your temporary crown and with your permanent crown, you may experience some discomfort due to irritation of the area during the treatment procedures. You may also experience sensitivity to cold or pressures.
4. Your new permanent crown will be shaped and shaded especially to your teeth in color and fit. The temporary crown is made to serve you temporarily, so its color and fit are not custom-matched to your teeth.
5. After your new permanent crown is in place you may need a few days to adjust to it. If you feel the bite is not correctly balanced, please call for an appointment and we can adjust it.
6. Care for your new crown with proper brushing and flossing. It is especially important to keep the edge of the crown clean at the gum line.

Since a well-maintained crown can last a lifetime, we wanted to share with you a few tips that will help it look and feel new for years to come:

1. Maintain good oral hygiene. Since it is impossible for a crown to seamlessly integrate with the surface of a tooth, there will always be some slight roughness along the area where the crown attaches to the tooth. If this area is not properly cleansed twice a day, and professionally in our office every six or so months, decay can creep underneath and require eventual replacement.

2. Be sure your crown fits your bite. If you notice your bite feels slightly “off,” or you experience pain when biting, your crown might need to be adjusted slightly. This is common, and can be fixed quickly in our office. Letting a “minor” issue like this go for too long, though, can harm your other teeth and cause headaches, so just let us know.
3. Watch for loosening or chipped crowns. A loose or wobbling crown promotes decay, and can fall out of your mouth at the most unfortunate time. You'll want to have such a situation addressed as soon as possible. The same goes for chipped crowns, which can happen with fragile porcelain veneers.

As always, if you need anything at all, please reach out – we're always here for you at Karakoram Dentistry. Thank you for the continued trust and the opportunity to deliver your dental care.