

Crowns and Bridges

Crowns and Bridges

You have just had a crown or a fixed bridge cemented onto your teeth. They are made of *gold*, *gold and porcelain*, or only *porcelain*, the finest and most up-to-date crown materials. They should give you many years of service if you will observe the following suggestions:

Preventive Procedures: To provide optimum longevity for your restorations and prevent future dental decay and gum disease, please use the following preventative procedures:

- Brush at least TWICE daily for at least TWO minutes. We recommend using a "pea sized" amount of fluoride toothpaste as well.
- Use only soft or extra soft bristle toothbrushes, like Oral-B, or the Braun Triumph (or other Braun electric brush with "floss action" heads) toothbrush.
- Use FLOSS, bridge cleaners or SuperFloss daily.
- If recommended, swish vigorously with 0.2% neutral sodium fluoride daily before bedtime.

Follow-Up Visits: Visit us at regular 3, 4, or 6 month examination periods. Often problems that are developing around the crowns can be detected at an early stage and repaired easily.

Sensitivity: All crowns and bridges often exhibit sensitivity to hot or cold liquids and foods and slight biting pressure. This is very normal and doesn't mean there is a problem. This sensitivity will gradually subside and disappear over a few weeks or months.

Eating/Chewing: Do not chew hard foods on the restorations for 24 hours from the time they were cemented. The cement must mature for this length of time to have optimum strength. **NEVER** eat or chew hard, sticky, taffy-like ice, food or candy. The suction created can cause crowns to come off or fracture.

Problems: If one or more of the following conditions occurs, contact us immediately to avoid further problems:

- A feeling of movement or looseness in the restoration

--Breakage of a piece of material from the restoration

--Constant or severe sensitivity to pressure.

We have done our best to provide you with the ***finest quality restorations*** available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.

If you have any questions about today's treatment, please call them at: 202-244-1601.