

TAKE CARE OF YOUR NEW CERAMIC CROWN SMILE

Dental crowns help restore a natural smile and function; they also add strength to decayed or badly broken down teeth and improve cosmetic appearance. Crowns are made out of durable restorative material, optimum care can make them last for years. Whether you have one or more crowns, these simple tips will ensure the longevity of your crowns and smiles.



Avoid sticky and hard foods

Crowns are tough and durable but that does not mean they can get damaged. Chewing on hard nuts, hard candies, or ice could chip, fracture, or even break your crown. This will necessitate an early replacement of the crown. Sticky, sugary treats can loosen and dislodge your crown.



Maintain an oral care routine

The crown is an artificial restoration that rests over a sound natural tooth, therefore it is essential to keep the supporting tooth underneath healthy. Brush and floss regularly to remove sticky plaque between your crown and gums or neighboring teeth.



Break bad habits

Nail Biting, brushing too hard, or using your teeth as tools can damage both your crown and tooth and may even irritate your gums. Cutting down on these habits will promote oral health and protect your investment in your crowns



Use a night guard

Bruxism or grinding/clenching of teeth are conditions that can generate heavy biting forces & place your crown at an increased risk of breaking. Your dentist can tell if you have a grinding habit just by looking at your teeth and gums. And if you do, he can create a custom nightguard to cushion your teeth & protect your crown while you sleep.



Visit your dentist periodically

See your dentist every six months for check-ups and cleanings to keep the surrounding gums and tooth structure healthy. Visiting your dentist allows him to check the crown's status (fitting etc.) so it continues to last for years.

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