

## Caring for Crowns & Bridges

Your dentist has finished treating your tooth by placing a crown on it. A crown is designed to provide a very high level of protection for a weakened tooth, for a very long time. Taking proper care of your new crown is important to maximising its lifespan.

### Keep it Clean

You should floss and brush your crown daily, along with your other teeth. This will help prevent decay attacking the remaining tooth that lies under the crown. It will also help prevent gum disease, which could cause loosening (and possible loss) of the tooth.

### Watch what you Eat

If your crown has a tooth-coloured outer coating (porcelain), you need to treat it the same as enamel. Which means using the crown sensibly - don't use it to crack hard nuts, chew on paper clips, strip insulation from electrical cables, crush ice...

Anything you chew which could damage enamel, could also damage your crown. This may be impossible to repair, meaning you'll need a new crown. At worst, you could also break the remaining tooth under your crown, possibly causing you to lose the entire tooth.

### Get it Checked

Like natural teeth, your crown should be checked regularly by your dentist to ensure it is doing its job. A regular dental check-up is all you need for this.

### Bridges

Rather than a single crown, your dentist may have placed a bridge. A bridge is used to replace missing teeth. It consists of at least 2 crowns, joined together by one or more porcelain 'false' teeth.

Caring for a bridge is similar to crown care. In general, you need to be more careful with flossing around your bridge - you must floss carefully under the bridge's false teeth (where they touch the gum) to clean away any build up of plaque or trapped food that could cause gum problems or decay. Getting decay or gum disease around a bridge is more serious than around a single crown, because they may cause the loss of the entire bridge and one or more of its support teeth.

### Implants

Where your crown or bridge is supported by implants, your dentist will give you special cleaning instructions. This helps avoid possible damage to the supporting implant/s.

Please ask your dentist if you have any questions or concerns about caring for your crown or bridge