

Care Instructions for Your New Composite Crown

Your tooth has now been restored with a composite resin crown using the most up to date composite resins available. Your cosmetic bonding has been accomplished with.....

To ensure maximum beauty and longevity for your composite crown, please try to follow these guidelines below:

1. Brush with a soft toothbrush at least twice a day and floss between the teeth once a day.
2. As with your natural teeth, the composite material can pick up stains so please try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Routine dental cleanings (and further polishing) will usually remove stains. Do not use baking soda or any abrasive toothpastes on your crown. The toothpastes we recommend for crowns are: Regular "paste" toothpastes like Colgate, Oral B, Macleans, rather than the "gel" toothpastes. Please avoid using whitening or smokers toothpastes, which are quite abrasive.
3. Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol softens bonding and weakens the bonding. If a mouthwash is desired, please select a non-alcohol containing mouthwash.
4. Sodium fluoride is the only home fluoride that should be used. Stannous fluoride or acidulated phosphate fluoride are not recommended for routine use on composite resin bonding. Neutraflour is a sodium fluoride rinse and can be recommended for home use. Tooth Mousse is also very safe to use.
5. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid direct biting into ribs, bones, hard candy, nuts or hard bread and rolls. This puts stress on the material and could result in a fracture. Most kinds of sandwiches, muesli bars, and fruits such as apples and carrots are not a problem.
6. If a chip or fracture does occur, it may require only a simple renewal using more bonded composite. This would involve a short appointment and the fee is similar to that for a restoration for a front tooth. A more significant fracture may require the crown to be replaced.
7. How long your composite crown last will depend on many things. It is a lot like getting a new set of tyres for your car. How long the tyres last will depend on the quality of the tyre, the type of road surface travelled, the way you drive and how many kilometres you drive a year. In the same manner, the longevity of your crown will depend on your habits and how much stress is placed on the front teeth.
8. Since your composite crown has been placed in a single visit, your teeth will feel different to your lips and tongue when you first close your mouth. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes, your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight, (measurable only in fractions of a millimetre), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a couple of days (sometimes a bit longer), the feeling lessens and your mouth will feel normal again.
9. Please be sure to return to see us once each year (in addition to your six monthly checkups with your general dentist) to allow us to check, clean and polish your composite crown, to ensure you get the best possible service from them.