



Care After Your Dental Crown

Thank you for choosing Scarborough Dental & Implant Clinic for your treatment. Your new crown has been carefully fitted to restore the appearance, strength and function of your tooth. Please follow the guidance below to help protect your crown and keep your natural tooth healthy.

Immediately After Your Crown

- Your tooth and surrounding area may feel sensitive for a few days, particularly to hot or cold foods and drinks. This should gradually settle.
- If you have had a local anaesthetic, take care not to bite your cheek, lip or tongue until the numbness has completely worn off.
- Avoid very hot food and drinks while you are numb.
- If your bite feels uneven or the tooth feels noticeably higher than the surrounding teeth, please contact us. Your crown may need a small adjustment.

Eating & Drinking

Once the numbness has worn off, you can eat normally. However:

- Avoid very hard or sticky foods initially while you get used to your new crown.
- Try not to bite directly onto very hard objects such as ice, pens or fingernails.
- Sticky sweets and foods can place unnecessary stress on a crown.
- If possible, avoid using your crowned tooth to bite particularly hard foods.

Your crown is designed to withstand normal chewing, but it should be treated with the same care as a natural tooth.

Brushing & Cleaning

Good oral hygiene is essential to protect the tooth underneath your crown and the surrounding gum.

- Brush your teeth twice a day for two minutes using fluoride toothpaste.
- Clean carefully around the crown and along the gumline.
- Clean between your teeth every day using floss, interdental brushes or another method recommended by your dentist.
- If you floss around a crown, gently slide the floss out from the side rather than pulling it forcefully upwards.

Keeping the area clean helps reduce the risk of decay and gum disease around the crowned tooth.

What Is Normal?

It is normal to experience:

- Mild sensitivity for a short period after treatment.
- Slight tenderness around the gum where the crown has been fitted.
- A feeling that the crown is different or unfamiliar for a few days.

These symptoms should gradually improve as you become accustomed to your new crown.



When Should I Contact the Practice?

Please contact us if:

- Your crown feels too high or uncomfortable when you bite.
- You experience persistent or worsening pain or sensitivity.
- Your crown feels loose or moves.
- Your crown becomes damaged or comes away.
- You notice swelling around the tooth or gum.
- You have any concerns about your crown.

If your crown becomes loose or comes off, please keep it safe and contact us as soon as possible. Do not attempt to glue it back yourself.

Looking After Your Crown Long Term

With good care, a dental crown can provide many years of service. However, a crown does not make the tooth underneath immune to decay or gum disease.

Continue with regular dental examinations and hygiene appointments as recommended by your dental team.

Your crown is an investment in your smile, looking after it starts with looking after the tooth and gums around it.

Need Help?

If you have any concerns following your crown treatment, please contact Scarborough Dental & Implant Clinic and our team will be happy to help.

Scarborough Dental & Implant Clinic

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