



CONCORDIA
dental healthcare

After cementation of crowns, bridges and veneers

- It is advisable to have an appointment to see the hygienist about a week after your crown, bridge or veneer has been fitted as they will be able to remove any excess cement material that have not removed themselves
- You can expect some sensitivity around the teeth and gum area where your crown, bridge or veneer has been placed but this should settle within a matter of days or a few weeks. Smearing sensitive toothpaste over the area can help in some situations.
- For a day or two avoid hard sticky foods
- Try to avoid eating on newly fitted restorations until the numbness of the local anaesthetic has worn off as you will not be able to feel how heavily you bite down
- For a short time after your new restorations have been fitted you will have to adjust and get used to your new teeth as they may have changed in size, shape or position. However after a few weeks you will be completely used to them and they will feel completely normal
- Crowns, bridges and veneers are not guaranteed to last a lifetime however with good maintenance, hygiene and by following dentist instructions they can last for a minimum of 20 years
- If advised by the dentist, wear a splint or bite guard at night. A splint or night guard is used to help those who grind their teeth at night; the plastic that sits on the biting surface of the teeth is designed so that the grinding motion wears away the plastic rather than the porcelain or ceramic of the crowns, bridges or veneers. If the guard is not worn the grinding motion will eventually wear away or break the porcelain or ceramic
- Regular hygiene visits are very important and advised every 4-6 months. This is essential to remove the plaque and any deposits that cannot be removed by regular brushing. The margins where the porcelain or ceramic meets the tooth need to be kept very clean in order to preserve the natural tooth as these areas are vulnerable to decay
- Crowns, bridges and veneers are designed to have smooth contours and easy cleanable contact points to allow thorough cleaning with a toothbrush and either dental floss or interdental brushes
- By using floss or interdental brushes you will be able to remove plaque from the neck of the tooth which will help to prevent decay

- Please inform us if your crown, bridge or veneer feels high or proud. If the new restoration feels as if it meets before the other teeth in the mouth when you chew or close or if it feels heavier than your other teeth when you bite then you must let us know so that it can be adjusted
- It is important to remember that while crowns, bridges and veneers are extremely strong restorations, they are not indestructible. You should never use the restorations to open bottles or rip things open as this can fracture the porcelain or ceramic. You should also try to avoid biting down on hard foods
- If your porcelain or ceramic restorations are at the front of your mouth it is extremely important that you do not bite directly into hard foods such as apples and crusty bread. Rather cut the food up into smaller manageable pieces
- If you play contact sport it is advisable to wear a mouth guard to protect the restorations

Can porcelain restorations be repaired?

- It is unlikely that your crown, bridge or veneer will break. However the most likely reasons for this to happen is due to the underlying structure of the tooth failing, the structure of the restoration breaking or the cement bonding the structure to the tooth deteriorating
- If the tooth underneath the restoration fails it is likely that the restoration will fall out (typically in one piece.) If possible the tooth must be repaired so that it is able to support the restoration and be re-cemented. The most common cause for the tooth to fail is either because of decay or gum problems which will cause the tooth to become loose and possibly affect the surface of the tooth
- In the unlikely event of the porcelain or ceramic breaking or cracking it is likely to be caused by trauma or direct force such as biting into something hard. In the case of a chip or a break it is likely that the restoration will need to be remade and replaced. Temporary repair with a composite filling material is possible in some cases however this type of repair is only a temporary measure as the strength of the repair material is much less than the ceramic structure
- If the restoration comes off in one piece it could be that the cement has become de-bonded. This occasionally happens as the area needs to be completely dry when being cemented and in some cases moisture may come into contact before the cement has completely hardened. This is easy to repair as it will just need to be cleaned and re-cemented

Important Information

- It is extremely important that if the dentist requires you to come back for a follow up appointment that you attend, as this is when the restorations will be checked to ensure that you are biting correctly. If for any reason any adjustments need to be made, the procedure for this is very quick and non invasive as it will be the porcelain or ceramic that needs to be adjusted rather than the tooth structure itself
- It is important that once the numbness from the local anaesthetic wears off that you let us know if any of the new restorations feel too high or proud as this needs to be adjusted as soon as possible.
- It is normal for the crown, bridge or veneer to feel different once the numbness has worn off as you will not be able to feel your mouth particularly well when you are numb



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If you have any questions or are unsure of anything, please do not hesitate to contact us and we will be happy to help you

39a Salisbury Road • Hove • East Sussex • BN33AA

T: 01273 711507

E: hove@concordiadental.co.uk • W: www.concordiadental.co.uk

138 Holtye Road • East Grinstead • West Sussex • RH193EA

T: 01342 313886

E: info@concordiadental.co.uk • W: www.concordiadental.co.uk