

A close-up portrait of a woman with dark, curly hair, looking upwards and blowing a bubble. The word "truly" is written in a white, lowercase, serif font across the bubble. She is wearing large, white, circular earrings with a pearl-like top. The background is a solid teal color.

truly

Dental Crowns
Healing & Aftercare

Our *step-by-step* aftercare guide for *dental crowns*.

Congratulations! In choosing to invest in your oral health through dental crown work with Truly, you have taken wise, decisive action to protect the strength, appearance, overall health and longevity of your teeth for many years to come.

A dental crown is often the best option to extend the life of your tooth now and into the future. Crowns are employed to restore teeth that are very damaged, such as by a crack or fracture (which, unlike with bones, cannot heal), strengthening weak or damaged teeth, restoring their normal shape, size and biting function, and improving the appearance of a very defaced or discoloured tooth. Your new crown will have immediate and ongoing improvements to enhance your day-to-day quality of life.

Benefits of dental crowns:

- 1 You are prolonging your affected tooth's lifespan and its natural structure, meaning you can avoid complex surgical extractions and implant procedures.
- 2 Broken teeth, deep cavities and old fillings often harbor plaque and bacteria which make cleaning your teeth very difficult. Your custom-fit crown restores the natural shape and size of your tooth, greatly easing the practice of consistent, effective oral hygiene which protects your entire mouth.

- 3 You can eat with conviction on previously sensitive or fragile teeth, without anxiety of a sudden break, knowing that your bite is fully reinforced and stable.
- 4 A natural tooth structure means less trapping of food and build-up of plaque, which on top of beneficially reducing your risk of tooth or gum disease, will leave you with overall fresher, healthier breath.
- 5 Our highly natural, colour-matched crowns can easily cover any dark, chipped or discoloured teeth, while improving the shape of your tooth, complimenting your overall facial structure and allowing you to smile with confidence.

At Truly we use only the most innovative and thoroughly researched dental materials when placing crowns, designed to mimic natural tooth structure and appearance and perfectly colour-matched to blend in flawlessly with the rest of your smile.

Your dental crown is custom-made by our dental lab to fit seamlessly to your mouth. At your first visit today, your dentist has completed any cleaning, shaping, filling or root-protection work, to prepare the base of your original tooth to support a new crown, and exact measurements and impressions have been taken to send to our dental lab. The fabrication process of creating

your new bespoke crown is an intricate one, and so can take a number of days to complete. Your dentist today will have placed a temporary crown to protect your tooth in this interim period, and our front desk team will contact you to schedule your second appointment with our dentist as soon as your custom-fit crown is completed by the lab and ready to be placed.

Please read these aftercare instructions carefully, to protect your tooth while you await your return visit and placement of your permanent crown. Please also retain this booklet as it contains aftercare instructions following that second appointment, which will allow you to prepare for that visit, at which your dentist will be able to answer any questions you have.

Still a *little unsure*? Here is what to expect after your first visit:

**Up to 48 hours after the procedure:
We use a highly effective local anaesthetic to ensure you do not experience any pain during the procedure.**

Numbness can last for up to 8 hours following treatment. Please take great care not to bite or chew your numb cheek, lip or tongue during this period as you may injure yourself unknowingly. A short-term dental cement is used to adhere your temporary crown in place. The cement will take approximately 30 minutes to harden. Avoid eating for 1 hour following the procedure.

Avoid hot food and drinks while the numbing wears off following your visit, until your sensation has returned to normal. Your temporary crown is protecting your natural tooth in this short period while your permanent crown is being prepared, and should not be considered as resilient as a normal tooth or completed crown. Try to chew on the opposite side of your mouth temporarily to avoid sensitivity. You should avoid eating sticky or hard foods altogether (such as toffees, chewing

gum and nuts or crusty bread) as they can dislodge your temporary crown.

You may experience some sensitivity to hot or cold after this appointment.

This is normal, it is common for a tooth to be sensitive for a day or two following preparation for a crown. To ease any discomfort use a toothpaste for sensitive teeth, and brush gently around the gum line where the temporary crown sits. You must floss around the temporary crown, however do so gently. Instead of pulling the floss back upwards towards the chewing surface of the temporary crown covering the tooth, you should gently thread it out at the side nearer to and angling towards the gum line.

You may notice fragments of the temporary cement come away from the procedure site into your mouth after the appointment.

This is usually some excess cement and is nothing to worry about, this doesn't mean that the crown is going to dislodge. To ensure adequate healing of the gum tissue you can also mix a 1/2 teaspoon of salt with warm water, particularly after mealtimes or if experiencing sensitivity. Rinse around the tooth and spit it out when finished.

**Up to 1 week after the procedure:
Continue to eat on the opposite side of your mouth to your temporary crown, and avoid hard, sticky or crunchy foods.**

You should maintain excellent oral hygiene while the temporary crown is in place to promote healing of your gum and to maximise the fit of your permanent crown. Continue to brush gently around the gum line of the temporary crown and to follow the specified flossing method, and rinsing with 1/2 teaspoon salt in warm water after meals. In some cases your temporary crown may become dislodged. If this happens clean the inside surface of the crown, apply Vaseline to its base and place back over your tooth.

Please notify us as soon as possible if this has happened so we can arrange to re-cement or re-fabricate your temporary crown right away. If you leave the tooth unprotected during this

period there is a greater risk of your original tooth breaking, or of the tooth or gum positions shifting slightly, meaning your permanent crown may not fit.

Here's what to expect after your *second visit* and how to care for your *permanent crown*:

Up to 48 hours after the procedure:
As before, numbness from local anaesthetic can last for up to 8 hours following this procedure.

Please take great care not to bite or chew your numb cheek, lip or tongue during this period as you may injure yourself unknowingly.

The permanent cement used to glue your new crown in place will take approximately 30 minutes to harden. Avoid eating for 1 hour following the procedure. The permanent crown will have a slightly different contour and texture to your original tooth. This may feel quite strange to your tongue for the first 48 hours or so, after which you will become accustomed to it and cease noticing it. Your new crown may feel tight and as if it were 'pushing' against your other teeth after cementation.

This is a normal response as your mouth adjusts to the new shape and structure, and this slight discomfort will ease within 1–2 days. You should begin brushing and flossing as normal following this procedure, however following the advice as above regarding sensitivity in the first 1–2 days.

Long-term aftercare: You may experience some sensitivity to hot and cold after cementation. This will usually subside after 10–14 days.

Use a desensitising toothpaste (such as Sensodyne) to help ease any discomfort. However if this discomfort is severe or persists for longer than 2 weeks please make an appointment to see us, as a simple adjustment of your crown may be needed to provide relief. Maintaining excellent oral hygiene will prolong the lifespan of your crown, in addition to boosting your overall resistance to tooth and gum disease. It is essential that you brush at least twice per day and floss on a daily basis.

Although crowns are less prone to staining than your natural tooth structure, it is best to reduce your consumption of tea, coffee, red wine, food with strong artificial colouring, and habits such as smoking to maintain the shiny white appearance of your crowns. Maintain your 6 monthly dental check-ups and cleanings to maximise the lifespan and aesthetics of, not only your dental crown, but your overall oral health and bright smile.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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