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After Care Instructions for *Crowns*

Today your child had a crown (stainless steel/zirconia) placed on his/her tooth which required the area around his/her tooth to be numbed (“put to sleep”). When a tooth is significantly broken down/damaged and either a filling is **not** sufficient or a pulpotomy (“baby root canal”) is required, a “helmet” (crown) is placed on the tooth to protect it until the permanent tooth begins to come in or until the child loses the tooth.

As the tooth with the crown and surrounding tissue heals after this procedure, we request that you please follow these instructions:

1. The local anesthesia that was given to put your child’s “tooth to sleep” will wear away within the next **2-3 hours**. It will be important to watch your child to ensure he/she does **not** suck or bite his/her tongue, cheek or lip. Please know that some children become very upset and even hysterical complaining of “pain” when they realize that their mouth “feels different”. **Please do not be alarmed!** Do reassure your child that the tooth will wake up and that the “funny feeling” will go away soon.
 - a. If you child **does** bite/suck his/her tongue, cheek or lip, the area will turn into a whitish colored scab. **Please do not be alarmed!** It is **not** infected and will heal within 5-7 days. Apply an ice pack, 15 minutes on/off for the first three days for an hour, three times a day. You may give your child Tylenol or Motrin as needed. Please call the office ***immediately*** if the wound does **not** appear to be healing in 5-7 days or appears to be infected.
2. The crown was cemented into place with material that contains fluoride and takes about 12 hours to entirely set. So for the rest of the day, a **soft diet** is recommended.
3. Your child may express discomfort and sensitivity at the tooth where the crown is cemented, saying it “feels different.” The tissue may also become red/irritated for several days which is normal.
 - a. Salt water rinses may help to reduce inflammation
 - b. Over the counter pain medicine (i.e. Tylenol or Motrin) may be given at the appropriate dose to eliminate any discomfort
4. Sticky, chewy and crunchy foods and carbonated beverages can cause the crowns to become loose or break. Thus it is important to **avoid** foods such as **fruit snacks, chewing gum, lollipops, taffy, caramel, nuts, potato chips, popcorn, ice and soda etc.**
5. The crown should be cared for just as your child’s teeth – with proper brushing twice per day and regular daily flossing. The tissue around a crown can become red/irritated if it is **not** cleaned well.
6. As you visit our office, we will routinely check the fit and integrity of the crown. At the appropriate time, the crown will come out on its own as the permanent tooth begins to erupt.
7. At any time if the crown becomes **loose**, safely remove it, place it in a zip-lock back and call our office so that we may recement it into place.

If you have any questions/concerns, please call the office at **571-799-0559**.