

CARE FOR YOUR PORCELAIN CROWNS

- Do not chew on anything hard for the first 24 hours.
- Do not use your ceramic crowns as tools to open bottles, chew on pens, open packaging, candy wrappers, potato chip bags, etc.
- Excessive amounts of coffee, tea, soy sauce, grape juice, red wine or smoking will stain your ceramic crown over time.
- If you play a sport, you must be careful not to subject the crowns to a direct blow. You should have a plastic protective sports guard constructed if you play sports such as handball, racquetball, soccer, basketball, football, hockey, roller blading or sports where an errant elbow or stick could hit your ceramic crown.
- If you know that you grind your teeth, it is important that a **night guard** is made to protect the ceramic crowns from excessive stress. Please call us for an appointment to schedule this.

HYGIENE: It is important to spend time every day to meticulously remove food debris and plaque from your ceramic crown. Caring for your crown is no different from your natural teeth. It is important to maintain regular hygiene and oral exam appointments to maximize the longevity and integrity of your restoration. This also allows us to monitor for gum disease and decay which are common around and underneath the crown if not maintained properly.

Please give us a call if you have any questions or send us an email at: frontdesk@dentallavelle.com