



Anthony Costella, DDS | Rosemarie Goldstein, DDS

ONE-APPOINTMENT CROWN • HOME CARE

Your permanent crown was made and placed in our office in one appointment. These tooth-colored crowns are typically metal-free ceramic, such as porcelain or zirconia. Follow your dentist's specific instructions for your crown.

1 Eating after your appointment

Follow our instructions about when to eat after cementation. Wait until numbness wears off before chewing. Avoid hot foods and drinks while numb and take care not to bite your cheek or lip.

2 Sensitivity & gum comfort

Brief cold sensitivity, mild aching, gum tenderness or chewing tenderness may occur. Symptoms should improve. Choose lukewarm foods and drinks if needed. **Call if sensitivity is severe, lingers, worsens, wakes you at night or is not improving.** Persistent symptoms may require further evaluation of the tooth and its nerve.

3 Pain relief as needed

Use recommended pain medicine, such as acetaminophen or ibuprofen if safe for you, following label or prescribed directions. Do not exceed doses or combine products with the same ingredient. Follow all prescriptions. Call if pain is not controlled.

4 Keep the crown & gums clean

Brush twice daily with a soft toothbrush and fluoride toothpaste, paying attention to the gumline. Floss or clean between teeth daily. **Call if floss will not pass, catches or shreds, or if food repeatedly traps.** Do not force floss or sharp objects into a tight area. Keeping the area clean helps gums recover.

5 Check your bite & appliance fit

Once numbness wears off, your bite should feel comfortable. **Call as soon as possible if the crown hits first, feels too high, shifts, or hurts when you bite.** Do not chew through pain or wait for a high bite to wear down.

Bring your night guard, aligner or retainer so we can check its fit with the new crown. If it no longer seats comfortably, do not force it. Contact us for an appropriate adjustment.

6 Protect the ceramic

Ceramic crowns are strong but can chip or fracture. Avoid biting ice, unpopped popcorn kernels, hard candy and other very hard foods or objects. Do not use teeth to open packages. Wear a prescribed night guard as directed to protect against grinding. Report cracks, chips, sharp edges or looseness promptly. If the crown comes off, save it and call us. Do not glue or recement it yourself.

7 Long-term care & maintenance

A crown protects a weakened tooth and is intended for long-term service. It may last longer than a large filling, but lifespan varies with the tooth, bite, grinding and home care. No crown lasts forever.

Keep regular preventive cleanings and exams. We will check the crown, margins, bite and gum health. The tooth can still develop decay at the crown edge, so daily brushing and cleaning between teeth remain essential.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for a high or painful bite, trouble flossing, appliance interference, chips or a loose crown, severe or worsening pain, swelling, bruising, fever, pus or any unexpected symptom. Let us know about concerns as soon as possible.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.