



Anthony Costella, DDS | Rosemarie Goldstein, DDS

CROWN TREATMENT • TEMPORARY & PERMANENT CROWN CARE

Your crown helps protect and restore a damaged or weakened tooth. Follow your dentist's specific instructions at each stage, including any directions about eating, cleaning and medication.

1 / WITH A TEMPORARY CROWN

① Protect your temporary

The temporary covers the prepared tooth, helps maintain tooth position and bite, and lets us assess comfort and function before the final crown. Temporary cement allows removal at the delivery visit.

Chew on the opposite side when possible. Avoid sticky, chewy or hard foods that could pull it off or break it. Keep your permanent crown appointment. Check that your night guard, retainer, aligner or other appliance fits comfortably over the temporary. Do not force it; call us if it interferes.

② Clean gently & floss carefully

Brush gently twice daily with fluoride toothpaste, including along the gumline. Do not leave the area uncleaned.

Follow your dentist's flossing directions: if allowed, guide floss gently between teeth and slide it out sideways rather than pulling upward against the temporary. Do not force floss if it catches or loosens the crown; call us.

③ Comfort, bite & a loose crown

Mild aching, gum tenderness or brief temperature sensitivity may occur and should improve. If the tooth hits first or hurts when biting, call promptly for a bite check; do not chew through pain.

If the temporary loosens, breaks or comes off, call immediately. Save it in a container and bring it with you. Avoid chewing on the exposed tooth. Do not glue or recement it yourself, and never use household glue.

2 / AFTER FINAL CEMENTATION

④ Eating & early comfort

Follow our instructions about when to eat after cementation; timing depends on the cement. If numb, wait until sensation returns before chewing and avoid hot foods or drinks. Mild gum soreness or brief sensitivity may occur, but should settle. Take any recommended pain medicine only as directed.

⑤ Check bite, floss & appliances

Call promptly if the bite feels high or uneven, or if floss cannot pass, catches or shreds.

These problems may need adjustment and should not be left to resolve on their own. Let us know about persistent gum irritation, bruising, swelling or food trapping.

Make sure all appliances fit comfortably:

night guards, retainers, aligners, snore guards and other removable appliances. Bring them to your crown appointment for a fit check. If one feels tight, will not seat fully or affects the bite, do not force it. Call so we can check and adjust the crown or appliance as appropriate.

⑥ Keep your crown healthy

Brush twice daily with fluoride toothpaste; floss daily. Keep regular cleanings and exams. Decay can still form at the crown edge.

Crowns offer long-term protection, but lifespan varies. Avoid ice and hard objects; use your prescribed night guard. Report cracks, looseness or unusual discomfort.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for severe, lingering or worsening pain, pain waking you, fever, pus, swelling, bruising, a high bite or trouble flossing. Some teeth need nerve evaluation and possible root canal treatment; soreness alone does not mean one is needed.

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.