EASTSHORE PEDIATRIC DENTAL GROUP
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After-Visit Guide: Dental Crowns

Care instructions for stainless steel crowns (SSCs) and tooth-colored strip crowns. Your child's crown protects and restores a tooth. Follow the care instructions given by your dentist.

1 Right After the Appointment

- Numbness: If local anesthetic was used, your child's lip, cheek, or tongue may feel numb for several hours. Supervise closely to prevent accidental biting or sucking.
- Eating: Wait until numbness wears off before offering foods that require chewing. Start with cool or lukewarm, soft foods.
- Soreness: Mild tenderness around the tooth or gums can occur. A small amount of gum bleeding shortly after treatment may occur.

2 Know Your Crown

Stainless Steel Crown (SSC)

A silver-colored metal cap, usually placed on a back baby tooth.

Important: Avoid sticky candies such as taffy, caramel and gummies, which may pull a crown loose. Avoid chewing very hard objects.

Tooth-Colored Strip Crown

A tooth-colored composite restoration, often used on a front baby tooth.

Important: Do not bite directly into hard foods with the front teeth. Cut apples, carrots and sandwiches into smaller pieces to protect the crown from chipping.

3 Eating & Chewing

- First day: Choose soft foods such as yogurt, eggs, pasta, mashed potatoes or applesauce if the mouth is tender.
- For SSCs: Avoid sticky or chewy candy because it can dislodge the crown.
- For strip crowns: Avoid biting into hard or crunchy foods using the restored front teeth; cut food into small pieces.
- For both: Avoid chewing ice, hard candy or other very hard items. Your child can return to a usual diet as comfortable, subject to the dentist's instructions.

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Keeping Your Child's Crown Healthy

4 Brushing, Flossing & Home Care

- Brush: Gently brush twice daily with fluoride toothpaste, including at the gumline around the crown.
- Floss: Clean between the teeth daily. If floss catches near a crown, gently slide it out sideways rather than pulling hard upward.
- Gum appearance: The gum near the crown may be mildly irritated or red at first. Gentle cleaning helps it recover.
- Do not pick: Discourage your child from wiggling, pulling, scratching or biting the crown.
- Long-term care: Limit frequent sugary snacks and drinks, and keep routine dental visits.

5 What to Expect

- A different bite: The crown may initially feel a little unusual. Contact us if your child cannot bite comfortably or the crown seems too high.
- Mild soreness: A little gum or jaw soreness can happen for a day or two and should improve.
- Pain medicine: If needed, give children's acetaminophen or ibuprofen only as appropriate for your child's age, weight and medical history, following the dentist's directions or product label.
- Baby teeth: These crowns generally stay in place until the baby teeth naturally fall out.

Please Contact Our Office If:

- The crown feels loose, breaks, chips or falls off. Save a detached crown and call us; do not try to glue it back.
- Pain is increasing or does not improve, or your child has persistent difficulty biting or eating.
- Swelling, fever, drainage or a bad taste develops near the treated tooth.
- You have questions about whether your child's symptoms are expected.

Call (510) 964-0168 for dental concerns. For trouble breathing, rapidly increasing facial swelling or another serious emergency, seek emergency care immediately.