

BE GENTLE WITH YOUR CROWN



If the crown doesn't fit easily, don't force it. Arrange for a dental appointment as soon as possible, and clean fastidiously in the mean-time.

LOST A CROWN?

- 1 Clean and check the crown. If the crown is mostly hollow, you can try to re-cement it at home if you feel confident to do so.
- 2 Remove any debris from the crown so that it sits properly. You can use something like the tip of a paperclip to scrape the old cement away. Clean your tooth thoroughly.
- 3 Check the crown fits without cement. Does the bite feel correct? If the tooth feels too tall, it's not fitting correctly. Check for debris inside the crown. NEVER force a crown or post onto your tooth; this can cause the root to fracture. If you can't get the crown to fit, don't panic. Keep the tooth clean and wait until you can see a dentist. Protect the exposed tooth in the meantime as best you can.
- 4 Crowns should be replaced using a dental cement from a pharmacy like *Recapit*. DO NOT USE SUPERGLUE or FIXADENT to fit your crown.
- 5 Once you have practiced placing the crown, dry the tooth and crown, mix the cement as instructed on the packet and fill the crown. Place the crown directly onto the tooth. Bite firmly to press it into place.
- 6 Remove any extra cement with a toothpick and floss between your teeth to make sure they do not stick together.