



# The Hub Dental Practice



Love Your Smile

775 Witan Gate, Central Milton Keynes MK9 2FW

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01908 690326 [reception@TheHubDentalPractice.com](mailto:reception@TheHubDentalPractice.com) [www.TheHubDentalPractice.com](http://www.TheHubDentalPractice.com)

Dr David Gilmartin,  
Dr Kamilah Makda  
Dr Chivani Tailor,  
Dr Ivo Zdravkov,  
Dr Allen Betsis,  
Dr Etienne Deysel, Sedationist

Dr Aaron Lopez, Specialist Periodontist  
Dr Monica Cueva Moya, SI Periodontics  
Dr Gulelala Azhar, SI Restorative,  
Dr Giovanni Marras, PLT Periodontics  
Miss Sam Singleton, Practice Manager  
Mrs. Nur Gilmartin, Dental Hygienist

Dr Alvaro De Castro Torres, SI Dental Implants & RCT  
Dr Konstantinos Tzamalal, Specialist Orthodontist  
Dr Iyad Abou-Rabii, PLT Dental Implants & Oral Surgery  
Dr Ezgi Cilindir, PLT Dental Implants & Periodontics  
Dr Jonathan Harper, PLT Endodontics  
Dr Jaime De Castro Torres, SI Dental Implants

## Post-Op Instructions: After Receiving Crown Treatment

If you have received this sheet, it is because you had a Crown Treatment today.

### Here are some instructions to make sure you take care of your tooth properly.

If you have received this sheet, it is because you had a crown appointment today.

Here are some instructions to make sure you take care of yourself properly.

1. Your tooth was numbed today and you should avoid eating or drinking hot beverages until the feeling returns (1-1.5 hrs).
2. You can consume cold beverages. A smoothie is a great option for some nourishment.
3. Your tooth and gums will likely be sore for a few days due to being worked on.
4. You may want to consider swishing with some warm salt-water to cleanse the area.
5. Please take care of your Crown Do not eat anything sticky or overly crunchy for at least 12 hours
6. A sticky food like gum or sweets might pull it off the crown in the first 12 hours. Something really crunchy like almonds might crack the material.
7. When flossing the crown for the first 48 hours, floss down the tooth as normal, but instead of pulling your floss up and possibly dislodging the crown; pull your floss out to the side of the tooth.
8. If the crown cracks or comes loose please contact the surgery ASAP.
9. If your Crown feel "high" or "tall" and hurts or feels weird to bite down on then please contact the surgery ASAP
10. You will need to care for this tooth like any other tooth, it needs to be brushed and flossed. The dental crown itself cannot get a cavity, but there is still tooth structure where the crown ends and your tooth begins again. You can get tooth decay there if you do not care for this tooth.
11. Like almost all dental treatment Crowns will usually eventually fail but can last a long time with proper care including regular examinations and effective personal dental hygiene. However, like any man made material, it will wear out with time and need replacement



Emergency visits can be arranged by calling the practice, and we can normally give you a same day appointment.

**REMEMBER** if you have an emergency and you can't contact us and it involves

- Swelling effecting the throat, tongue or airway;
- Blockage effecting the throat, tongue or airway;
- Rashes anywhere on your body after treatment
- Rashes anywhere on your body after taking medication
- Severe pain
- Bleeding that does not stop with pressure
- Bleeding that continues for more than 2 hours after treatment
- Bleeding that worries YOU

**Then call 111 or GO TO CASUSLTU STRAIGHT AWAY**