

Lost crown?



If your crown (also known as a 'cap') has come out, you will need to wait until you can see your dentist for a routine appointment, even if it's a front tooth. You may be able to temporarily re-cement the crown yourself:

1. Clean and check the crown. If it's mostly hollow, you re-cement the crown at home if you feel confident to do so.
2. Remove any debris from inside the crown and brush your teeth.
3. Check the crown fits without cement and the bite feels correct. Never force a crown or post onto/into your tooth as it may cause the tooth to fracture.

If the crown does not fit, keep it in a safe place you can see your dentist for a routine appointment.

4. Crowns should be re-cemented using a temporary cement available from a pharmacy. Do not use superglue.
5. Once you know how the crown should sit on the tooth, mix the temporary cement according to the instructions and line the inside of the crown with cement. Fit it onto the tooth and bite firmly into place.
6. Remove excess cement with a toothpick and floss in between your teeth.

If you are unable to re-cement the crown or do not feel confident to do so, keep it in a safe place and wait until you can attend a routine dental appointment for your dentist to check it.

Keep the area as clean as you can in the meantime. If the tooth is sensitive, try to:

- Avoid things that provoke discomfort (e.g. hot/cold food and drink).
- Smear sensitive toothpaste on the tooth (don't rinse off afterwards).