Redwood Pediatric Dentistry
Dr. Niekia Franklin, DDS, MSD • 4100 Redwood Rd., Suite 7A, Oakland, CA • (510) 413-7600

After-Visit Guide: Dental Crown

Your child's tooth was restored today with a crown — a protective cap that covers the whole tooth after significant decay or fracture. Crowns keep baby teeth strong and functional until they naturally fall out

1 About Your Child's Crown

Dr. Franklin places three types of crowns depending on which tooth is affected, your child's bite, and your aesthetic preferences. If you have questions about which type your child received, just ask — we're happy to explain!

	Stainless Steel	NuSmile Ceramic	NuSmile Bioflex
APPEARANCE	Silver metal	✓ Tooth-colored ceramic	✓ Tooth-colored, flexible
DURABILITY	✓ Extremely durable	Good — avoid hard biting	✓ Flexible, less cracking
STICKY FOODS	× Avoid — can loosen	× Avoid — can loosen/chip	× Avoid — can loosen
HARD FOODS	Resilient	× No ice / jawbreakers	More forgiving
	Back teeth, durability priority	*Front teeth, aesthetics*	*Front/back, flexibility*

2 Right After the Appointment

- **Watch for numbness:** Monitor for accidental biting, scratching, or sucking of the lips, cheeks, and tongue while numb. Topical fades in **~40 minutes**, full numbing in **~2 hours**. Not applicable for HALL crowns — no numbing is used.
- **Soft foods and no hot drinks** until the numbness wears off: yogurt, smoothies, soup, pasta. Hot drinks can cause accidental burns.
- **Mild soreness is normal:** Gum or jaw tenderness for a few days is expected, especially after multiple crowns or white (ceramic) crowns.
  - Children's ibuprofen (Motrin/Advil) or acetaminophen (Tylenol) at the label dose helps. For multiple or white crowns, alternating between the two between doses works best.
  - Chewing on the opposite side also reduces discomfort while healing.
- **Gums may look red, blue, or puffy** around the crown for up to a week. This is completely normal — gentle brushing helps them heal faster.
- **"Feels funny":** The crown may feel different or slightly large at first. This fades within a few days. Try to discourage your child from picking at or probing the crown.

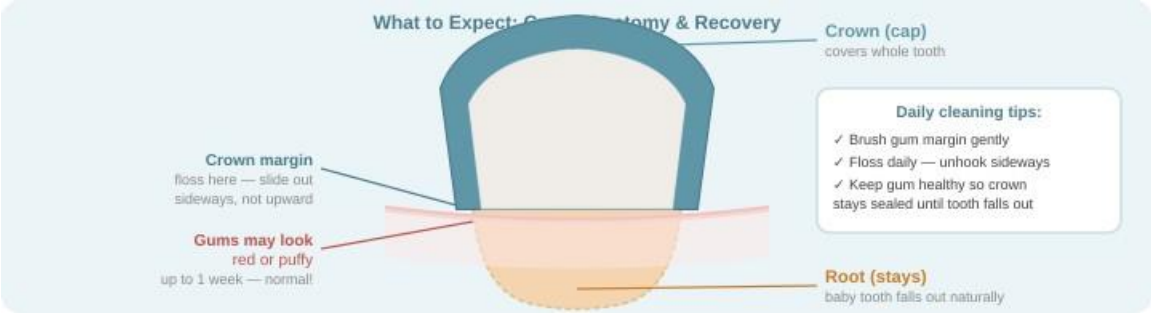
3 Eating & Chewing

Follow these guidelines as much as possible until the baby tooth naturally falls out:

- **Avoid sticky foods for all crown types:** gummies, caramel, taffy, hi-chews, and chewy candy can loosen or pull off the crown.
- **White ceramic crowns (NuSmile Ceramic):** avoid biting directly into very hard foods — ice, jawbreakers, rock candy. The ceramic can chip.

- **Stainless steel:** resilient for hard foods, but sticky foods can still dislodge it.
- **NuSmile Bioflex:** more forgiving of hard biting, but sticky food rules still apply.

4 Home Care



- **Brush and floss normally:** treat the crown just like a natural tooth. Pay special attention to the gum margin where the crown meets the gum.
- **Flossing tip:** if floss gets stuck at the crown margin, **slide it out sideways — never yank upward**. Pulling up can pop the crown off.
- **Keep helping until age 10:** continue assisting with brushing and flossing to keep the area around the crown clean.
- **Healthy gums = crown that lasts:** good home care keeps the seal tight around the crown until the baby tooth falls out naturally.

Contact us right away if you notice:

- The crown feels loose or comes off
- Pain begins or worsens around the crown
- Swelling, redness, or signs of infection (fever, pus, bad smell)
- Difficulty chewing or biting on that side

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References

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5. American Academy of Pediatric Dentistry. Guideline on restorative dentistry. Pediatr Dent. 2016;38(6):250–262.

Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com