

Title: Caring for Dental Crowns | North Miami Beach, FL

Meta: Learn how to properly care for your dental crown with expert advice from Dr. Abbo Advanced Dentistry in North Miami Beach, FL.

Caring for Dental Crowns in North Miami Beach, FL

Your Crown, Your Confidence: A Guide to Dental Crown Care in North Miami Beach

Did you know that with proper care, your [dental crown](#) can last for many years, even decades? At Dr. Abbo Advanced Dentistry, one of the most [affordable dental offices in North Miami Beach, FL](#), we believe in empowering our patients with the knowledge they need to maintain healthy, beautiful smiles.

This is why Dr. Abbo has put together a comprehensive guide to dental crown care, filled with valuable tips and insights. Whether you've recently received a crown or have had one for years, this guide will help you protect your investment and enjoy the benefits of a restored smile.

We welcome patients from Sunny Isles Beach, Aventura, and Bal Harbour. Call us today at **305-945-0909** to schedule an appointment and learn more about dental crown care.

What is a Dental Crown?

A dental crown is a tooth-shaped "cap" that is placed over a tooth to cover it and restore its shape, size, strength, and appearance. Think of it like a protective helmet for your tooth! Crowns are custom-made to fit snugly over the entire visible portion of your tooth above the gum line.

What Materials Are Crowns Made From?

Dental crowns can be fabricated from various materials, each with its own advantages and disadvantages:

- **Porcelain or ceramic:** These materials offer excellent aesthetics, mimicking the natural color and translucency of teeth. They are ideal for front teeth where appearance is a priority.
- **Metal:** Metal crowns (gold or other alloys) are incredibly strong and durable. They are often used for back teeth where chewing forces are greater.
- **Porcelain-fused-to-metal (PFM):** These crowns combine the strength of metal with the aesthetics of porcelain. They offer a good balance of durability and appearance.

- **Zirconia:** Zirconia is a strong, biocompatible ceramic material that offers excellent aesthetics and durability. It's a popular choice for both front and back teeth.

Why Dental Crowns Matter

Dental crowns, sometimes called "caps," are custom-made restorations that cover the entire visible portion of a tooth. They are versatile solutions for various dental concerns, including:

- **Protecting weakened teeth:** Crowns reinforce teeth that have been weakened by decay, fractures, or large fillings.
- **Restoring damaged teeth:** They rebuild teeth affected by extensive damage or wear.
- **Improving aesthetics:** Crowns can enhance the appearance of misshapen, discolored, or misaligned teeth.
- **Supporting dental bridges:** They serve as anchors for bridges, replacing missing teeth.
- **Covering dental implants:** Crowns provide a natural-looking and functional tooth replacement when placed on implants.

Essential Dental Crown Care Practices

While dental crowns are durable, they require proper care to maintain their integrity and longevity. Dr. Abbo at Dr. Abbo Advanced Dentistry in North Miami Beach, FL, emphasizes the following:

1. Maintain Excellent Oral Hygiene:

- **Brushing:** Brush your teeth at least twice a day using a soft-bristled toothbrush and fluoride toothpaste. Pay close attention to the gum line around the crown.
- **Flossing:** Daily flossing is crucial to remove plaque and food particles from between teeth and around the crown. Consider using interdental brushes or water flossers for hard-to-reach areas.
- **Rinsing:** Use an antibacterial mouthwash to further reduce bacteria and promote gum health.

2. Be Mindful of Your Diet:

- **Avoid Sticky Foods and Hard Foods:** Limit consumption of chewy candies, caramel, hard nuts, and ice, as these can dislodge or damage your crown, and may even cause gum disease.
- **Cut Food into Smaller Pieces:** This reduces stress on the crown and surrounding teeth.
- **Choose Teeth-Friendly Snacks:** Opt for fruits, vegetables, and dairy products over sugary treats.

3. Address Habits That Can Harm Your Crown:

- **Avoid Grinding and Clenching:** If you grind or clench your teeth, consider wearing a nightguard to protect your crown and natural teeth.
- **Don't Use Your Teeth as Tools:** Avoid opening packages or bottles with your teeth, as this can chip or crack the crown.

4. Schedule Regular Dental Checkups:

- **Professional Cleanings:** Visit Dr. Abbo Advanced Dentistry in North Miami Beach, FL, for professional cleanings and examinations at least twice a year. This allows Dr. Abbo to monitor the condition of your crown and identify any potential issues early on.
- **Address Concerns Promptly:** If you notice any chips, cracks, or looseness in your crown, contact Dr. Abbo's office immediately for an evaluation.

Extending the Lifespan of Your Dental Crown with Dr. Abbo

A dental crown is a significant investment in your oral health and a restoration you want to last. While crowns are designed to be durable, their longevity depends on several factors, including the material used, your oral hygiene habits, and certain lifestyle choices. Dr. Abbo and the team at Fine Dentistry are committed to helping you maximize the lifespan of your dental crown.

Practice good oral hygiene and schedule your checkup with Dr. Abbo at Fine Dentistry today to ensure your dental crown stays in optimal condition. We welcome patients from all surrounding areas. Call us at **(858) 732-3155** to book your appointment.

Frequently Asked Questions

Can I brush and floss around dental crowns like natural teeth?

Yes, absolutely! Caring for your dental crowns is just as important as caring for your natural teeth. Brush twice a day and floss once a day, paying special attention to the area where the crown meets your gum line. This helps prevent plaque buildup and keeps your gums healthy. Maintain good oral hygiene for the best results.

What should I do if my dental crown feels loose?

A loose crown can be a cause for concern. If you notice any movement or discomfort, contact your dentist right away. They will examine the crown and determine the best course of action, which may involve re-cementing it or, if necessary, replacing it with a new one. Visit your dentist regularly to ensure a successful permanent crown placement.

Can dental crowns get cavities?

While the crown itself is a protective covering and won't decay, the natural tooth structure underneath is still vulnerable to cavities. Maintaining excellent oral hygiene and visiting your dentist for regular checkups are essential for preventing decay and ensuring the long-term health of your crowned tooth, even for a temporary crown.

Reclaim and Keep Your Healthy Smile with the Dental Crown Procedure

Don't let dental concerns hold you back. [Contact Dr. Abbo Advanced Dentistry](#) at **305-945-0909** to schedule an appointment. We welcome patients from surrounding communities, including Sunny Isles Beach, Aventura, and Bal Harbour, to experience our commitment to excellence in dental care.