



950 Francis Place • Suite 305 • Clayton, MO 63105
(314) 862-7844 • www.dentalsleepstlouis.com

POST-OP INSTRUCTIONS

Caring for a Stainless Steel Crown

A stainless steel crown is a durable, prefitted silver cap that covers and protects a tooth after treatment. On baby teeth, the crown stays in place until the tooth falls out naturally. With good care, stainless steel crowns often last for years.

The First 24 Hours

- If numbing medicine was used, avoid eating until the numbness wears off, and watch children closely so they do not bite or chew their lip, cheek, or tongue.
- Stick to soft foods for the rest of the day. Avoid very hot foods and drinks while any numbness remains.
- The gums around the crown may look red or feel sore for a few days. Rinsing gently with warm salt water can help.
- Mild discomfort is common. If needed, an over-the-counter pain reliever may be used as directed on the label or as recommended by our office.

Eating with a Crown

- Avoid sticky and chewy foods such as caramel, taffy, gummy candy, fruit snacks, and chewing gum. These can pull the crown loose.
- Avoid chewing ice, hard candy, or other very hard items on the crowned tooth.
- Otherwise, normal eating is fine once any soreness settles down.

Brushing and Flossing

- Brush the crown twice daily just like a natural tooth, paying extra attention along the gumline.
- Keep flossing daily. When flossing next to the crown, slide the floss out sideways rather than snapping it up, which can loosen the crown.
- A crown protects the tooth it covers, but the tooth underneath and the teeth around it can still get cavities. Good daily hygiene still matters.

Good to Know

- The crown may feel slightly high or odd for the first few days. The bite usually adjusts on its own. If it still feels off after a week, call us.
- The silver color is normal and expected. Stainless steel crowns are chosen for strength, especially on back teeth.
- On a baby tooth, the crown comes out with the tooth when it falls out naturally. No separate removal is needed.

When to Call Us

- The crown feels loose, spins, or comes off. If it comes off, save it and call us promptly so we can re-cement or replace it.
- If a crown is swallowed, it usually passes without a problem, but call us and check with your physician if you have concerns. If it is inhaled or causes coughing or trouble breathing, seek emergency care right away.
- Pain that gets worse instead of better, swelling of the gums or face, or a fever.
- Gum soreness or bleeding around the crown that lasts more than a week.