LONDON
DENTAL ARTS

A PATIENT'S GUIDE TO RESTORATIVE DENTISTRY
CROWN - BRIDGE - VENEER



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INTRODUCTION

WHAT IS A DENTAL CROWN?

A dental crown, also known as a cap, is a dental restoration that effectively covers and protects your natural tooth or dental implant. Its primary purposes are to strengthen damaged or decayed teeth, replace large fillings, and restore teeth that have undergone a root canal procedure. Typically crafted from ceramic or porcelain, a crown can be carefully designed to closely resemble the shape and color of your natural tooth. Thanks to modern advancements, it has become exceedingly difficult to discern the difference between a dental crown and a natural tooth.



WHY DO I NEED A CROWN?

Dental crowns are highly recommended in the following situations:

Extensive Tooth Restoration

When a tooth requires a filling that surpasses the natural tooth structure, a dental crown is the ideal solution to restore its integrity and functionality.

Significant Tooth Damage

Teeth that exhibit extensive damage, such as severe tooth decay or fracture lines, can benefit from dental crowns. By encapsulating the affected tooth, a crown provides strength and protection, preventing further deterioration.

Aesthetic Enhancement

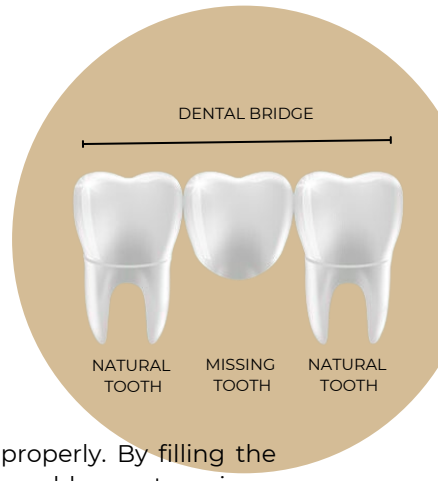
If your teeth are discoloured or have compromised aesthetics, dental crowns offer an excellent solution. They can be meticulously customised to match the appearance of your natural teeth, restoring a bright and harmonious smile.

Post-Root Canal Treatment

After undergoing root canal therapy, a tooth becomes fragile due to the removal of its internal nerve and blood supply. This lack of blood supply makes the tooth prone to brittleness and fractures over time. To safeguard such teeth from potential damage, it is crucial to protect them with dental crowns.

WHAT IS A DENTAL BRIDGE?

Dental bridge is an effective solution for replacing either a single missing tooth or multiple missing teeth. These restorations are designed to span the gap left by the missing teeth, and they are securely attached to the adjacent teeth on each side.



WHY DO I NEED A BRIDGE?

Dental bridges are highly recommended to help or restore bite in the following situations:

Restored Chewing Function

Dental bridges play a crucial role in restoring your ability to chew properly. By filling the empty space with a functional replacement tooth or teeth, bridges enable you to enjoy a complete and balanced bite, allowing you to eat your favourite foods without discomfort or difficulty.

Prevents Shifting of Teeth

When there is a gap caused by missing teeth, the adjacent and opposing teeth may gradually shift or tilt into the empty space. Dental bridges serve as a reliable barrier, preventing these teeth from moving out of alignment. This helps maintain the proper positioning of your teeth and preserves a harmonious bite.

Facial Structure Preservation

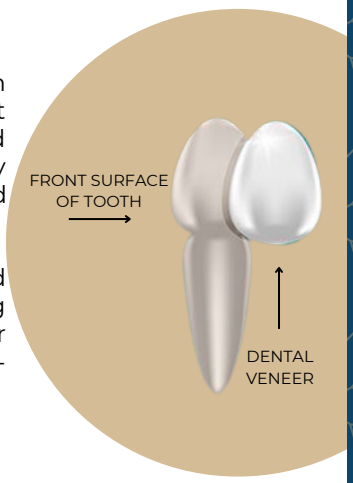
Missing teeth can cause the surrounding facial structures to sag or collapse over time, leading to a prematurely aged appearance. Dental bridges help maintain the natural shape of your face by providing support to the lips and cheeks, preventing the sunken-in look that can occur when teeth are missing.

Restored Smile

One of the most noticeable benefits of dental bridges is the restoration of your smile. These restorations are carefully crafted to match the colour, shape, and size of your natural teeth, ensuring a seamless blend with your existing dentition. With dental bridges, you can regain your confidence and enjoy a beautiful, complete smile once again.

WHAT ARE VENEERS?

Dental veneers are thin, custom-made coverings crafted from either porcelain or composite resin that are placed on the front surface of your teeth. These veneers are meticulously shaped and contoured to enhance the appearance of your smile, effectively concealing flaws such as chipped, gapped, misaligned, or stained teeth.



Each veneer is carefully designed to match the color, shape, and size of your natural teeth, ensuring a seamless and natural-looking result. The veneers are then bonded to the front surface of your teeth using a strong dental adhesive, creating a durable and long-lasting restoration.

WHY DO I NEED VENEERS?

Dental veneers are an excellent solution for correcting various dental issues, including:

Tooth Staining and Discolouration

Veneers can effectively cover teeth that are discoloured or stained, including those resistant to traditional teeth whitening methods. By applying veneers, you can achieve a bright, radiant smile.

Improving Crooked and Misaligned Teeth

If you have minor misalignment or crookedness, dental veneers can provide a cosmetic solution. Veneers can create the illusion of straighter teeth, enhancing the overall alignment and symmetry of your smile.

Lengthening Teeth

Teeth that appear short or disproportionate can be lengthened and harmonised using veneers. This helps create a more balanced and aesthetically pleasing smile.

Closing Spaces or Gaps Between Teeth

Veneers are an effective option for closing small spaces or gaps between teeth, providing a uniform and even appearance to your smile.

Enhancing Smile Dynamics

Dental veneers can transform the dynamics of your smile by improving its overall shape, proportion, and symmetry. This can lead to a more confident and attractive smile.



THE RESTORATIVE PROCESS

Restoring or improving teeth using dental crowns, bridges or veneers involve several treatment stages. Here is an outline of what you could expect:

1 **Assessment and treatment planning** – your dentist will perform a thorough assessment of your mouth and discuss all your treatment options with you. Once you have decided what would be best for you, your dentist will create a treatment plan that is tailored specifically to you, including expected timescale and costs.

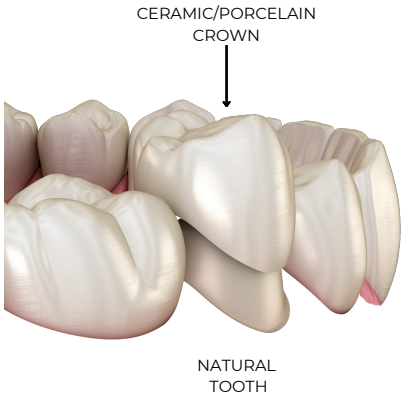
2 **Tooth/teeth preparation** – A small amount of your natural tooth structure will be carefully removed to create space for the crown/bridge/veneer. Local anaesthesia may be used to ensure your comfort throughout the procedure.

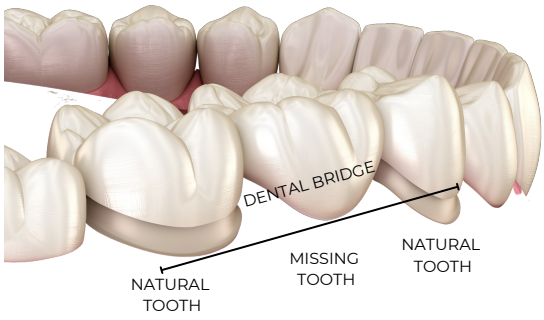
3 **Impression** – An impression of your prepared tooth will be taken and sent to a dental laboratory, where skilled technicians will create a custom crown that matches the shape and colour of your natural teeth.

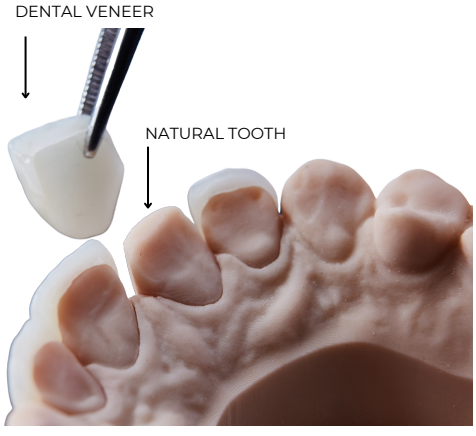
4 **Temporary Crown** – While your permanent crown/bridge/veneer is being fabricated, a temporary crown will be placed to protect the prepared tooth.

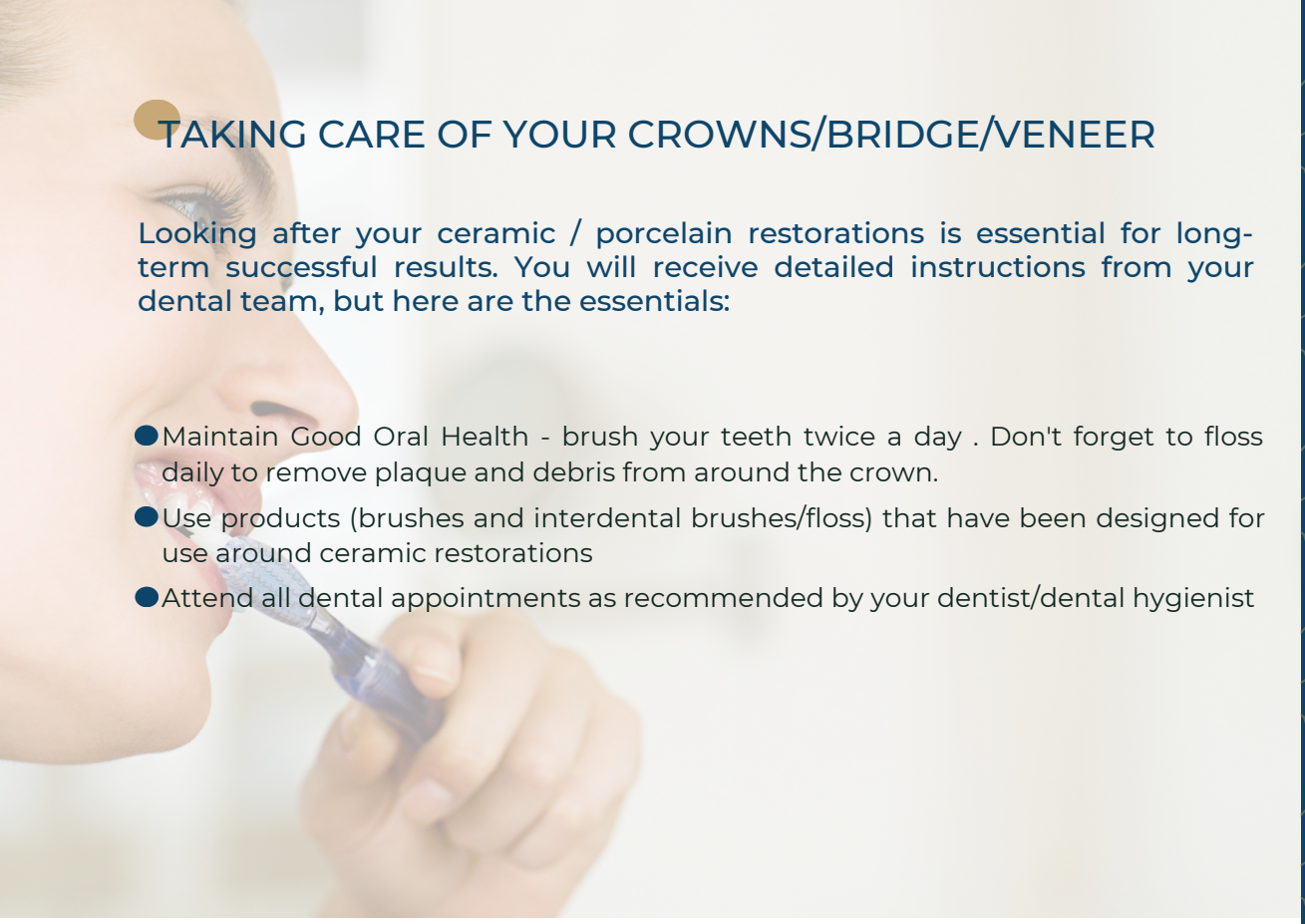
5 **Crown Placement** – Once your permanent crown/bridge/veneer is ready, it will be bonded to your tooth using a strong dental adhesive. Your dentist will ensure proper fit, bite alignment, and aesthetics before finalizing the placement.

FITTING OF DENTAL CROWN / BRIDGE / VENEER









TAKING CARE OF YOUR CROWNS/BRIDGE/VENEER

Looking after your ceramic / porcelain restorations is essential for long-term successful results. You will receive detailed instructions from your dental team, but here are the essentials:

- Maintain Good Oral Health - brush your teeth twice a day . Don't forget to floss daily to remove plaque and debris from around the crown.
- Use products (brushes and interdental brushes/floss) that have been designed for use around ceramic restorations
- Attend all dental appointments as recommended by your dentist/dental hygienist

FREQUENTLY ASKED QUESTIONS

WHAT DENTAL ISSUES CAN BE ADDRESSED WITH CERAMIC RESTORATIONS?

Ceramic restorations are versatile and can be used to address a variety of dental issues, including tooth decay, cracks, chips, discolouration, misalignment, and gaps between teeth. They can also be used to replace old and worn-out dental fillings or to improve the appearance of a single tooth or multiple teeth.

HOW LONG DO CROWNS/BRIDGES/VENEERS LAST?

With proper care and maintenance, ceramic restorations can last for many years. On average, they have a lifespan of 10 to 15 years or even longer. Regular dental check-ups, good oral hygiene practices, and avoiding habits such as teeth grinding can help prolong the longevity of ceramic restorations.

ARE CROWNS/BRIDGES/VENEERS STAIN-RESISTANT?

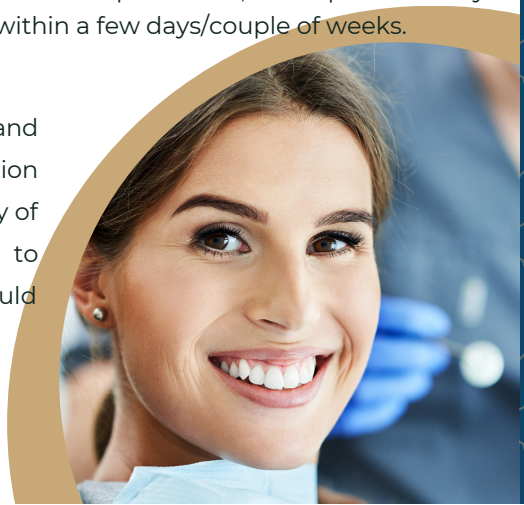
Yes, one of the advantages of ceramic restorations is their stain-resistant nature. Unlike natural teeth, ceramic crowns are highly resistant to staining from substances like coffee, tea, and tobacco. This allows patients to maintain a bright and vibrant smile even after years of wearing ceramic restorations.

WILL I BE IN PAIN?

No, the process of placing ceramic restorations is generally not painful. Local anaesthesia is used to numb the tooth and surrounding tissues during the tooth preparation stage, ensuring that the patient feels minimal discomfort. After the procedure, some patients may experience slight sensitivity, which usually subsides within a few days/couple of weeks.

CAN I EAT NORMALLY AFTER THE TREATMENT?

Yes, ceramic restorations are designed to withstand normal biting and chewing forces. Once the restoration is bonded in place, you should be able to eat a variety of foods without any issues. However, it is advisable to avoid excessively hard or sticky foods that could potentially damage the restoration.



As treatment does vary so much between patients,
we recommend you speak to a dentist.