

# POND SQUARE DENTAL

## Dental Crowns: Types, Benefits and Longevity

A dental crown is a protective “cap” that restores the shape, strength and appearance of a tooth. Crowns are commonly recommended for teeth with large fillings, cracks, heavy wear, or after root canal treatment.

### Crown options

Type	Best for	Benefits	Considerations	Typical longevity*
<b>Ceramic (tooth-coloured)</b>	Front or back teeth where appearance matters	Highly aesthetic; natural-looking	May chip under heavy clenching/grinding; may require a night guard	Often <b>10–15+ years</b>
<b>Metal-ceramic (porcelain on metal)</b>	Back teeth; where strength and tooth colour are both needed	Strong and durable; tooth-coloured	Can be slightly less lifelike than all-ceramic; may show a darker margin at the gum in some cases	Often <b>10–15+ years</b>
<b>Gold</b>	Molars; cracked teeth; heavy bite forces; grinders	Very strong; kind to opposing teeth; can be made thin (may preserve tooth structure)	Not tooth-coloured (visible)	Often <b>15–20+ years</b>

\*Longevity varies with oral hygiene, bite forces, diet, and regular maintenance.

### What affects how long a crown lasts?

- **Gum and tooth health at the crown edge** (the crown cannot decay, but the tooth underneath can).
- **Clenching/grinding** (a night guard may be advised).
- **Regular check-ups and hygiene maintenance.**

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