



SUMMER 2026

What's the best way to repair a BROKEN or CHIPPED TOOTH?



SMALL CHIPS

If only a tiny piece of enamel has come away, the tooth can often be repaired quickly with dental bonding. This involves applying a tooth-coloured resin to reshape the chipped edge, so it blends naturally with the rest of your tooth. It's usually painless and doesn't require any drilling, which makes it a popular option for small cosmetic repairs.

MEDIUM BREAKS

If the chip is larger or the edge is uneven, a stronger restoration may be needed. In these cases, a dental veneer can be an excellent solution for front teeth. A veneer is a thin porcelain layer that covers the front surface of the tooth, restoring its shape and appearance. Veneers are ideal when the visible part of the tooth needs strengthening or when the chip has affected your smile line.

WHEN A CROWN IS THE BEST OPTION

If a substantial part of the tooth has broken off or the tooth is weakened, you may need a dental crown. A crown covers the entire visible part of the tooth, protecting it from further damage and restoring normal function. This is especially important when the break affects the tooth's ability to cope with chewing forces.

Coppice View offers modern, natural-looking crowns designed to blend seamlessly with your existing teeth. You can learn more about the treatment here:

<https://coppiceviewdental.co.uk/crowns/>

A broken or chipped tooth can happen to anyone. Whether it's caused by biting into something hard, a sports accident or simple wear over time, the first reaction is usually a mix of worry and discomfort. The good news is that modern dentistry offers several reliable ways to restore a damaged tooth, often in just one or two appointments. The best treatment depends on how much of the tooth is broken, where the break is located and the overall health of the tooth underneath.

Crowns are often recommended when a tooth has cracked, when a large filling has broken down or when the tooth has already had root canal treatment and needs additional support. Although they take slightly longer to complete than small repairs, a crown provides one of the strongest and most durable long-term solutions.

IF THE BREAK EXPOSES THE NERVE

When a break is deep enough to expose the inner part of the tooth, you may experience sensitivity or sharper pain. In these cases, the tooth may require root canal treatment before any restoration can be placed. Once the tooth is stable, a crown is usually fitted to protect it fully.

WHAT TO DO IMMEDIATELY AFTER CHIPPING A TOOTH

If you've just chipped a tooth, rinse your mouth gently and avoid chewing on the affected side. Even if the tooth isn't painful, it's still important to get it assessed quickly. Early treatment prevents further damage and makes the final result more predictable.

THE BOTTOM LINE

There's no single answer to repairing a broken tooth, because every case is different. Small chips are often quick fixes, while bigger breaks may need a veneer or a crown. What matters most is getting the tooth examined promptly so the right approach can be chosen for you.

WHAT SHOULD I DO IF MY CROWN FEELS LOOSE OR COMES OFF

A loose or detached dental crown can be worrying, especially if it happens when eating or brushing. Although it isn't usually a dental emergency, it's still important to act quickly to protect the tooth underneath.



Why has my crown become loose?

Crowns can become loose for several reasons. The dental cement may have weakened over time, the underlying tooth may have changed shape, or the crown may have been damaged by hard foods. These problems are common, and your dentist can usually resolve them without any complications.

What can I do?

If the crown feels attached but wobbly when you bite or touch it, avoid chewing on that side of your mouth. Pressure can cause the crown to fully detach or irritate the tooth beneath. Try to steer clear of sticky or crunchy foods until it has been assessed.

If the crown has come off entirely, locate it and keep it safe. Rinse it gently with warm water to remove any debris, then store it somewhere clean. Do not try to glue it back on yourself. Incorrect placement can damage the tooth or cause discomfort, and household glues are not safe for your mouth. Bringing the crown with you gives the dentist the option to re-fit it if it's still suitable.

It's important not to leave the tooth uncovered for too long. Without the crown in place, the tooth underneath may feel sensitive to hot or cold foods. The tooth is usually shaped specifically to hold a crown, so it needs proper protection as soon as possible. Booking a dental appointment promptly keeps things straightforward.

What happens during the dental appointment?

At your appointment, the dentist will check both the tooth and the crown to understand why it came loose. Sometimes the crown can simply be cleaned and re-cemented. Other times, the tooth may need reshaping or further treatment before the crown can be securely replaced. If the crown is worn or damaged, your dentist may recommend making a new one.

How can I avoid a crown becoming loose?

To reduce the risk of a crown coming loose, good oral hygiene is important. Brushing twice daily, flossing carefully around the crown and attending regular check-ups all help keep both the crown and your natural teeth in good condition. Avoiding extremely hard or sticky foods can also make a big difference to longevity.

Most importantly, don't panic. A loose crown is almost always easy to fix when you see your dentist promptly. Early attention helps protect the tooth and gets your smile back to normal quickly.

*For more information, please contact Coppice View Dental on **01423 503 428***

Can you get dental implants if you have gum disease?

Gum disease is one of the most common dental issues in adults, and if you've lost a tooth because of it, you might be wondering whether dental implants are still possible. The short answer is yes, but only once your gums are healthy and stable. Successful implant treatment depends on a strong foundation of healthy bone and tissue, which is why managing gum disease comes first.



Understanding the link between gum health and implants

Dental implants act like artificial tooth roots, placed securely into your jawbone to support a replacement tooth. For them to work long term, the bone and gums surrounding the implant need to be free of active infection. Gum disease, also known as periodontal disease, attacks these very structures, so leaving it untreated could cause implant failure.

That's why it's essential to treat gum disease before considering implants. Early-stage gum disease (gingivitis) is often reversible with professional cleaning and good oral hygiene. More advanced stages (periodontitis) can usually be managed with deep cleaning, root planing, and regular maintenance from your dentist and hygienist.

What happens before implant treatment

Before any dental implant procedure, your dentist will carry out a thorough assessment to check the health of your gums and bone. If you have gum disease, treatment will be recommended first. This may involve multiple hygiene appointments, scaling and polishing, or specialist periodontal care.

Once your gums are healthy and there's no active infection, implant planning can begin. Some patients who have lost bone because of gum disease may also need bone grafting or guided bone regeneration to strengthen the jaw. These steps ensure the implant has the best chance of integrating successfully.

Ongoing care after implants

Even after implant placement, gum care remains critical. Without good hygiene, a condition called peri-implantitis can develop, which is similar to gum disease but affects the tissues around the implant. Regular check-ups and professional cleanings help prevent this and keep both your implants and natural teeth in great shape.

Why choose Coppice View Dental for implants

At Coppice View Dental in Harrogate, our experienced clinicians carefully assess your oral health to ensure implants are right for you. We combine advanced technology with a caring approach to create long-lasting, natural-looking results. Whether you're recovering from gum disease or exploring tooth replacement options, we'll guide you through every step of the process — from initial consultation to final restoration.

The bottom line

You can absolutely have dental implants after gum disease, provided your gums and bone are healthy enough to support them. With the right care, implants can restore your smile and confidence for years to come.

If you're considering implants and want expert advice tailored to your situation, contact Coppice View Dental today to book a consultation.

Severe snoring? HELP IS AT HAND!

If you or a loved one suffers from snoring, you know that it can be a real problem, causing restlessness and loss of sleep and in more extreme cases, stress and depression.

Sometimes, some simple life changes can alleviate a moderate snoring problem. Please see the [Anti-snoring treatments page](#) of our website for tips on these changes.

In more severe cases, we advise the use of an appliance called a Mandibular Advancement Splint (MAS) which works by holding the lower jaw in a forward position, to prevent it from dropping back and obstructing the airway. We recommend the Sleepwell MAS which is clinically proven to be the most effective treatment for snoring.

Features of the Sleepwell MAS include:

- A soft inner lining for optimum comfort
- Internal splint fixing to allow lips to close around device – preventing dry mouth
- Full range of movement during wear for increased comfort

If you would like further information and advice, please get in touch. Our team will be happy to answer any questions and book an appointment with Karen Spong, our specialist in dental sleep medicine. Karen can make a full assessment of your condition and recommend appropriate treatment.



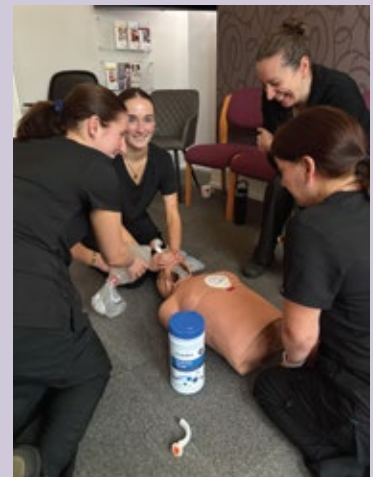
TEAM UPDATE



A big well done to our hygienist, Jessica Pinkney, who recently passed her City & Guilds Extended Diploma in Dental Nursing.



Our OHE Dental nurses attending a local school to promote the importance of healthy smiles for National Smile Month.



Coppice View's annual CPR training day all staff.