



## **Post-op Care Instructions: Bridges**

### **Temporary Bridges:**

- > Temporary bridges will usually not feel like your original teeth. The contour, color, and texture will be different and that is normal.
- > If your temporary bridge comes off, or if pain, swelling, an uneven bite, or anything you perceive to be abnormal occurs, please contact our office.

### **Hygiene Care:**

- > Keep your mouth clean. Brush gently around the temporary each day.
- > Floss between the opposing teeth but pull the floss out the side instead of back up through the top as this might pull off the temporary bridge.
- > Avoid chewing on the temporary bridge if possible until the permanent restoration is cemented.

### **Numbness:**

- > Do not chew on anything until the numbness has completely gone. You might chew on your cheek or tongue and not know it.

### **Soreness:**

- > It is normal for the gums to be sore after a bridge procedure. Mouth rinses such as Listerine or Scope can be helpful in the healing process. Use as directed.

### **Permanent Bridges:**

- > Remember, you have just received a new prosthesis in your mouth made by a laboratory technician, and it will feel different than your original teeth. This is normal, and you should get use to the fit and feel in just a few short weeks.

### **Hygiene care:**

- > Brush and floss like you normally would. Your bridge will need to be kept clean as instructed in our office using special flossing and brushing techniques. Super Floss and Proxy Brushes, or their equivalents, should be used to help with your hygiene.

### **Numbness:**

- > If anesthesia was used during cementation, do not chew anything until the numbness goes away.

### **Sensitivity:**

- > Your new restoration may be sensitive to hot, cold, or biting. This usually goes away with time. If sensitivity persists or gets worse, or if your teeth do not feel like they come together evenly like they used to, please call our office immediately.