



HOME CARE OF DENTAL BRIDGES

Crowns on the bridge cover most of the exposed portion of your tooth and decay does not affect a bridge since it is made of metal and /or porcelain. However, *where the natural tooth meets the crown of the bridge can become decayed*. Bridges last 8-10 years or longer *IF* you follow the following suggestions and precautions:

✚ **Adjustment period:** It is ok for the bridge to feel a little out of place for a few days after cementing. This is because the teeth around this area are adjusting to new forces both in between the teeth and upon biting

✚ **Preventive Procedures:** To provide optimum longevity for your restorations and to prevent future decay and supporting-tissue breakdown, please use the following home care tips:

---**Brush** after eating and before bedtime around the bridge with a soft toothbrush, especially where the bridge meets the gum line (margin). At this margin area harmful bacteria can be harbored to cause decay and gum disease. An electric toothbrush is highly recommended over manual to help you keep this area clean. Remember that abutment (crowned) teeth will show be more prone to gum disease.**

---**Floss** at least once to twice a day. Use the proxy brush, floss threader or automatic flosser to remove plaque under and around these areas to maintain good oral hygiene. On a bridge you must clean “under” as well as around the bridge. If you do not control the buildup of food debris and plaque your teeth and gums can become infected.

---**Water Pik™** can be used with an antibacterial, alcohol free mouthwash like BreathRx™ at the gum line and under the bridge to keep this area healthy

--- **Fluoride rinse** is to be used before bed. Swish the fluoride rinse vigorously in your mouth for at least one minute. Do not swallow any of the rinse and do not eat or drink anything for 30 minutes. We recommend Act™ Mouth rinse

✚ **Chewing:** Do not chew hard foods on the restorations for 24 hours from the time they were cemented—to attain optimum strength, the cement must mature for approximately 24 hours Also avoid eating or chewing on hard objects, food or ice

✚ **Limit snacks**, if high in sugar brush this area or swish with water

✚ **Sensitivity:** Do not worry about mild sensitivity to hot or cold foods. This sensitivity will disappear gradually over a few weeks. Infrequently, sensitivity last longer than six weeks.

✚ **Return care:** ***Inadequate return for examination is the most significant reason for prostheses failure.*** Visit Nadic Dental Centers at regular six-month examination periods. Often problems that are developing around the restorations can be found at an early stage where they can be corrected easily and will be more affordable. Waiting for a longer time may require re-doing the **entire** restoration.

✚ **Problems:** Call us immediately if any one of these conditions occurs: If the tooth is the first tooth to hit when you bite down after a couple of days, contact us for an adjustment; a feeling of movement or looseness in the restoration; sensitivity to sweet foods; a peculiar taste from the restoration site; breakage of a piece of material from the restoration or sensitivity to pressure.

We have done our best to provide you with the finest-quality restoration however, ***only your continuing care and concern can assure long-term good dental health.***

If you have any questions or concerns call Nadic Dental Centers@ 702-248-0068