



BRIDGE POST-OPT INSTRUCTIONS

A bridge is a replacement for a missing tooth that uses crowns on adjacent teeth to restore the missing tooth.

Initial Preparation Day

- Since anesthesia was used for this procedure, your lips, teeth, and tongue may be numb for several hours after the appointment. We recommend that you avoid eating or chewing until the numbness has completely worn off. It is easy to bite your tongue, lip, and cheeks while numb. It is recommended that you take some ibuprofen (Advil) 1-2 tablets or Tylenol every 4-6 hours as needed before the anesthetic completely wears off. This will help the transition between being numb to not numb.
- The gum tissue around the prepared teeth may be sore for several days. You may rinse your mouth with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit).
- Bridges usually take two appointments to complete. At the first visit, the teeth are prepared and a temporary bridge is placed with temporary cement while awaiting the final restoration. The temporary bridge not only protects the teeth from damage, but it also prevents it from shifting position, helps the gum tissue to heal in the proper location, and provides a cosmetic solution until the bridge restoration can be placed. If you do lose or break the temporary bridge, call the office immediately to prevent any movement of teeth and cause problems in seating the final restoration.
- Temporaries are made of a light weight material. Do not eat anything sticky, hard or chewy as this may pull the temporaries off or break it. Be careful brushing and avoid flossing around the temporaries as this may cause it to become dislodged. Once the permanent restoration is placed, you should brush and floss normally.
- Your temporary may feel rough to your tongue and may not be the same shape or color as the permanent restoration. You can feel confident that your new restoration is being made using state-of-the-art materials by the finest laboratories and technicians.
- Please call our office if your bite feels uneven, so that we can adjust your temporary bridge. When we checked your bite in the office, you may still be anesthetized and it may be hard to determine if the bite is perfect. You would know when the anesthetic wears off and when you start using this tooth if the bite needs to be changed.
- Your teeth may feel sensitive to temperature, sweets, or biting. This is normal and should subside in a few days. If this sensitivity is severe and does not dissipate, please contact our office immediately.



Cementation Day

- Anesthesia may be used on the day of cementation as well. Your lips, teeth, and tongue may be numb for several hours after the appointment. We recommend that you avoid eating or chewing until the numbness has completely worn off. It is easy to bite your tongue, lip, and cheeks while numb. It is recommended that you take some ibuprofen (Advil) 1-2 tablets or Tylenol every 4-6 hours as needed before the anesthetic completely wears off. This will help the transition between being numb to not numb.
- The gum tissue around the cemented teeth may be sore for several days. You may rinse your mouth with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit).
- Do not chew hard or sticky foods for 24 hours from the time the bridge is cemented as these may crack your dental restorations (or even your natural teeth!). Do not floss around the restoration or use a rotary toothbrush the day of cementation. The cement must harden during this time to provide optimum strength. It may take a few days to get used to your new bridge after the final cementation.
- Hot and cold sensitivity may occur for a few weeks and occasionally may last for several months. Please take Tylenol or Ibuprofen when you get home and before bedtime. If the bite does not feel comfortable, please call and make an appointment so that we may adjust it.
- Small pieces of excess bonding material may be found by your tongue for a couple of days. These small pieces of excess bonding material will normally come off with regular tooth brushing. If you feel anything sharp to your tongue, please call our office and the piece can be removed easily with an instrument.
- Proper brushing, flossing, and regular cleanings are necessary to maintain the final restoration. The one area where a crowned tooth can decay is at the bottom edge of the crown at the gum line. Small problems that develop around restorations can usually be found at an early stage and easily corrected, but postponing proper care can result in the need to replace the entire restoration.
- We have done our best to provide you with the highest quality and natural-looking dental restoration. We are committed to excellence and hope this restoration will give you many years of service.