

# >>Post-op Care Instructions



## Temporary Bridges

- > Do not chew anything until the numbness has completely gone. You might chew your cheek or tongue and not know it.
- > 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.
- > Brush gently around the temporary each day.
- > Floss down 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.
- > 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 that you perceive to be abnormal occurs, contact our office immediately.

## Permanent Bridges

- > If anesthetic was needed during cementation, do not chew anything until the numbness goes away.
- > Brush and floss like you normally would. Your bridge will need to be kept clean under the false teeth area as instructed in our office using different flossing and brushing techniques. Super Floss and Proxy Brushes or their equivalents will be given to help with your hygiene.
- > 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.
- > Your new restoration may be sensitive to hot, cold, or bite. This usually goes away with time. If sensitivity persists or gets worse, or if your teeth don't feel like they come together evenly like they use to, call our office immediately.