



Post-Operative Instructions For Permanent Bridges

We have placed a porcelain bridge on one or more of your teeth. This bridge is not only esthetically beautiful but is also very durable.

Here are a few things to consider now that your permanent bridge is in place.

- **You should delay chewing or biting on the new bridge for 24 hours.** This will allow the cement to fully harden as it secures the bridge to your teeth. After this period, you may resume normal chewing.
- **Occasionally a new bridge can make your tooth slightly sensitive to chewing and to cold.** In almost all cases any sensitivity will go away completely – usually within a couple weeks.
- **Allow a few weeks for your tongue to get used to the new bridge.** At first it may feel different due to more “nooks and crannies” on the biting surface. This surface anatomy makes your tooth look like it did when it first appeared in your mouth.
- **Cleaning your permanent bridge.** Because your teeth are now connected together by the bridge, you will be not be able to floss normally. To properly clean underneath the bridge, you can use an oral irrigation device (“Water-Pik”) as well as a special floss-threader loop which we will demonstrate for you.
- **Delay flossing around the new bridge for 24-48 hours.** Because the cementation procedure causes minor gum irritation and bleeding, delay flossing around the new bridge for 1-2 days. After this delay, it is important to resume your normal daily flossing regimen to ensure your gums heal completely around the new bridge.
- **Use any mouth rinse as you would normally.**
- **Expect to have minor discomfort in your teeth and gums following today’s visit.** Over the counter pain medication such as Tylenol or Advil is recommended. Any discomfort should subside within several days.
- **Remember that anything that can break or damage a natural tooth can do the same to your new bridge** (e.g. ice, metal objects, corn nuts, injury, etc.).
- **Sometimes a bite adjustment is needed on a new bridge.** Please call our office promptly if your crown needs an adjustment.
- **If you have any problems or questions please call or email us anytime.**
Our office number is 562-865-0517 and our email address is azlingdds@gmail.com.

