Jay M. Azling, D.D.S.
& Associates

Post-Operative Instructions
For Temporary Bridges

We have placed a temporary bridge on one or more of your teeth. These temporaries are made to look and function like natural teeth and are designed to last 4-8 weeks. However, there are a few precautions you will need to take while your temporaries are in place.

- **Avoid biting directly into hard or sticky foods** (gum, candy, apples, corn on the cob, bagels, etc.). This could loosen or weaken your temporaries. Biting into softer foods, however, is ok (soft sandwiches, bananas, etc.).

- **Clean your temporary bridge well with your toothbrush focusing on a gentle yet thorough massage at the gum line**. Your temporary teeth are connected together, which makes your temporary bridge strong and will help prevent it from coming off. Because of this connection, 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.

- **If your temporary bridge breaks or comes off over a weekend, this is normally not an "emergency".** If the temporary bridge is still in one piece, just place Vaseline on the inside of it and push it back into place. Then give us a call on Monday and we will recement it for you. If your temp bridge is broken, leave the teeth alone; they will normally be covered with a protective layer of cement, but could still be a little sensitive. It is okay if your teeth remain uncovered over a weekend. Save the temporary pieces and bring them with you on Monday.

- **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 (if you can take it) is recommended. Any discomfort should subside within 48 hours.

If you have any problems or questions, please call or email us anytime. Our office number is 562-865-0517 and our email is azlingdds@gmail.com.