

BRIDGES - PATIENT INFORMATION
(SECOND APPOINTMENT)

You have just completed your final bridge appointment. We hope you are extremely pleased with the results and proud of your new smile.

A FEW THINGS TO KEEP IN MIND:

Most patients find that they experience some soreness and sensitivity initially. This is normal and will subside within a few days. Salt water rinses (8 oz. warm water with 1 tsp. salt) should help greatly. A softer diet for the first twenty four (24) hours is also recommended to diminish soreness and allow the bridge to settle in.

You will be given the impressions and models used to fabricate the bridge. Please store these in a safe place. A labelled shoe box works great! If anything does happen in the future, we may be able to use these models for a remake or a repair.

We recommend that you:

Maintain good oral hygiene at home by brushing and flossing after meals and before bed. We recommend that you use a floss-threader or super floss. To use a floss-threader, manoeuvre the floss through the loop of the floss-threader, and push the pointy end of the threader through the fake tooth at the gum line. The threaded floss is used to floss the tooth in front, and the tooth behind it. You should also make regular smile maintenance appointments for professional cleaning and dental exams.

Avoid foods that stain bonded teeth, or brush after their consumption. These foods include coffee, tea, blueberries, grape juice, red wine, beets and cherries. Tobacco is also discouraged.

Stop bad habits such as biting fingernails, or chewing hard objects, e.g., ice, because you can cause your bridge to chip.

Be aware of your teeth. If your bite feels high, or you have prolonged sensitivity to cold, or difficulty biting hard foods, please call the office. A bite that is off may be bruising the teeth, and it can be corrected quickly and easily by a bite adjustment.

Make sure to brush your gums around the area that was worked on to rid of any resin left in the area.

**MOST IMPORTANTLY, we hope you enjoy your new bridge and your new smile
YOU'RE WORTH IT!**