



## TEMPORARY BRIDGE

Now that we've placed a temporary bridge, it's important to follow these recommendations to ensure the success of your final restoration.

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

Avoid chewing for at least one half-hour to allow the temporary cement to set.

To keep your temporary in place avoid eating hard or sticky foods, especially chewing gum. If possible, chew only on the opposite side of your mouth.

Brush normally, but floss very carefully.

To keep your temporary bridge in place without dislodging it during your flossing slide the floss out sideways from between the temporary bridge and the adjacent natural tooth. Let one end of the floss go and pull the floss out with the other end so you do not inadvertently "catch" the bridge and pull it off the supporting teeth.

If your teeth are sensitive to hot, cold, or pressure, use a desensitizing toothpaste. If sensitivity persists beyond a week, call us.

Take any medication your dentist has prescribed or directed you to take.

To reduce any discomfort or swelling, rinse your mouth 3 times a day with warm salt water. Use about 1 teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.

If your temporary bridge comes off, save it and call us, so we can recement it.

It is important for the proper fit of your final bridge that your temporary bridge stay in place.

Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond a week or if you have any questions or concerns.