



TAKING CARE OF YOUR NEW BRIDGE

When you have a dental bridge it's important to keep the adjacent teeth, on to which the bridge is supported, and gums healthy.

To care for your bridge brush and floss normally after each meal. Use super floss and floss threaders to keep the area beneath the bridge free from food and plaque accumulation. Super floss has a stiff end that helps you thread it through tight areas. It also has a fuzzy tufted segment that helps to remove the plaque and food particles from the gums and under your bridge. To use a floss threader pull about 18" of floss through the "eye" of the threader, then use the threader to insert the floss under your bridge. You should also use a rubber tipped stimulator 360° degrees completely around the bridge's supporting teeth. This procedure dislodges plaque that "hides" and accumulates at the margin of the crown and a little below the gum line. We may recommend additional tools and techniques to help you clean around the area. We'll also request you set up regular check ups and cleanings to help you maintain the success of your new bridge.

With time your bridge and your new oral hygiene routine will become familiar and comfortable.