



After Care – Bridges

You may have received a temporary or permanent bridge to help replace missing teeth, allow you to chew and speak properly, and prevent your remaining teeth from moving out of position. **Bridges typically take two visits to complete:**

- **The first visit:** Dr. Welch takes impressions of your teeth so a permanent bridge can be made to match your mouth, and he installs a temporary bridge.
- **The second visit:** Dr. Welch places the custom-fabricated dental bridge into your mouth, cementing it in place.

Whether you have the temporary bridge in place while you wait for your permanent bridge to be placed, or you already have your permanent bridge, proper after-care is important.

If You Have a Temporary Bridge in Place:

- **Please do not chew gum, candy, or other foods that might stick to your bridge**, as they may pull it out!
- **Brush and floss after eating and at bedtime.** (If you have a temporary bridge, keep your teeth clean, but don't brush or floss too hard.)
- **Be sure to keep your appointment for your permanent replacement bridge.**

If Your Temporary Bridge Breaks or Falls Out

Occasionally, temporary bridges break or fall out. If this happens, don't be alarmed! However, let us know immediately. We'll ask you to bring the bridge with you so we can replace it.

- **If it's after-hours, you can try using a small amount of toothpaste or a denture product like Fixodent® to hold it in place** until our office is open.
- **Do NOT leave the temporary bridge out of your mouth!** Without it, your teeth may shift and cause your permanent bridge not to fit properly.

Once You Receive Your Permanent Bridge:

- **Do not eat for at least 30 minutes after the bridge is placed.** The cement used to put the bridge in place requires 30 minutes to set.
- **Do not chew hard or especially chewy food for at least 24 hours** from when your bridge is placed.
- **Brush and floss normally** after eating and at bedtime.
- **Return for regular six-month checkups** after placement of your permanent bridge.

As with any dental procedure, after-care is important after receiving a temporary or permanent bridge. Restorations should last for many years as long as you continue practicing good dental hygiene and receiving regular checkups with your dentist.

