

Post-Operative Instructions for a Bridge



After your permanent bridge placement has been completed, it is important to follow these care instructions to ensure the long-term success of your new restoration.



Immediately after your procedure, it is important to avoid eating or drinking until the anesthesia has worn off to prevent possible injury to your lips, tongue, and cheeks.



For the first 24 hours after your bridge placement, you should avoid eating hard, chewy, or sticky foods to allow the adhesive holding the bridge to set properly.



Your gums may be sore for up to 3 days following the procedure; you can rinse with warm salt water three times per day to help reduce pain and swelling. You can take an over the counter pain reliever as well if needed.



It is normal for you to experience some sensitivity to hot and cold in the weeks following your bridge placement. This should pass as your mouth adapts to the new restoration.



Your finished restoration may be shaped slightly different than your original teeth. Your tongue may magnify these slight differences but, you will become accustomed to them within a few days.



Daily home care will increase the longevity of your new restoration. You should resume regular brushing and flossing immediately to keep the bridge and supporting teeth free of plaque buildup and decay.



The use of super floss should also be used to keep the area between the replacement tooth and your gums free of food particles and plaque.



If your bite feels uneven, or if you experience persistent pain or sensitivity outside of the norm after your restoration is placed, it is important to contact your doctor's office for assistance.