



## Post-Operative Instructions for Dental Bridges

### 1. Numbness & Anesthesia:

- If local anesthesia was used, your lips, tongue, and cheeks may remain numb for several hours.
- Avoid eating or drinking anything hot until the numbness wears off to prevent injury.

### 2. Temporary Bridge Care (If Applicable):

- If a **temporary bridge** was placed, avoid **sticky, hard, or chewy foods** that may dislodge it.
- Brush gently and **slide floss out instead of pulling up** to prevent loosening the temporary bridge.
- If the temporary bridge comes off, **contact our office immediately** for re-cementation.

### 3. Sensitivity & Discomfort:

- Mild sensitivity to temperature or pressure is normal for a few days after bridge placement.
- Over-the-counter pain relievers (ibuprofen or acetaminophen) can help manage discomfort.
- If pain persists or worsens, let us know, as adjustments may be needed.

### 4. Eating & Drinking:

- After the **permanent bridge** is placed, wait **at least 1 hour** before eating to allow the cement to fully set.
- Avoid **hard, sticky, or crunchy foods** for the first **24 hours** while the cement bonds completely.

### 5. Oral Hygiene:

- **Brush and floss daily** to keep the bridge and surrounding teeth clean.

- Use **super floss, floss threaders, or a water flosser** to clean underneath the bridge, as regular floss cannot pass between the artificial tooth and gum.
- Rinse with an **antibacterial mouthwash** to reduce plaque buildup around the bridge.

#### **6. Bite Adjustment:**

- If your bite feels **uneven** or you experience discomfort while chewing, **contact our office** for an adjustment.

#### **7. When to Call the Dentist:**

- **Persistent pain or sensitivity** that lasts more than a few days
- **A loose or dislodged bridge**
- **Difficulty chewing or an uneven bite**
- **Swelling, irritation, or signs of infection**

If you experience any of these issues, call our office at **[Dental Office Phone Number]** immediately.

#### **Follow-Up Care:**

- Bridges can last **10–15 years or longer** with proper care. Maintain regular dental checkups and cleanings.

**Thank you for following these instructions to ensure the longevity of your dental bridge!**