

Douglas M. Johnson DMD

Family Dentistry
ORTHODONTICS & COSMETIC DENTISTRY

After Care Instructions

Bridge

Bridge Preparation

- ◆ The tissue around the bridge preparation may be tender and slightly swollen for a day or two after the initial appointment. It is not unusual to have some sensitivity to hot, cold, or sweets following your crown preparation. And you may find a rough area at the edge of your temporary bridge.
- ◆ We recommend warm saltwater rinses 2x daily if your tissue is especially irritated. Avoid extreme hot and cold temperatures and foods that are hard or sticky, that may dislodge your temporary bridge.
- ◆ Cleaning around the temporary bridge is critical to the healing of the tissue around your bridge preparation. Gently brush and floss 2x daily to remove plaque.
- ◆ If your temporary bridge comes off you may place it back on using a bit of Vaseline inside the bridge or call the office for an appointment to have the temporary bridge re-cemented. If you experience severe pain or swelling following the bridge preparation, you should call.

Placement of Your Permanent Bridge

- ◆ It is not unusual to have some sensitivity to cold following the placement of your permanent bridge. You may also experience some tissue tenderness and we suggest continuing your warm saltwater rinses for about 3 days. If the sensitivity and tenderness continues for more than two weeks contact our office. If it feels like you are hitting high on the bridge you should call for appointment to have the bridge adjusted.
- ◆ Meticulous cleaning of your bridge is vital to its longevity. The area where the bridge meets the tooth (the margin) is vulnerable to decay and must be kept free of plaque. Thoroughly brush and floss 2x daily to remove plaque from around bridge. To prevent damaging or fracturing your bridge, avoid chewing hard foods, ice or other hard objects.
- ◆ Regular visits to our office for cleanings, X-rays, and exams are necessary to monitor the health of your natural teeth and bridges.

When in doubt, call us. Your comfort and care is our top priority. We're always available – even evenings and weekends – so call us at (541) 928-5414 (Albany) or (503) 394-3345 (Scio).