

Post-Treatment Instructions for Fixed Bridges

Your teeth were prepared for a bridge today, and a temporary bridge was placed to temporarily protect the tooth while the laboratory makes the permanent bridge. Please be aware of the following:

1. Your temporary bridge is made of a resin material and is not as strong as your permanent bridge. Avoid hard foods that can fracture the temporary crown.
2. Your temporary bridge is cemented temporarily with temporary cement so that it can be removed in order to place your permanent bridge. Stiff and sticky foods can stick to the temporary bridge and pull it off the tooth. Avoid sticky foods like taffy, caramels, chewing gum, etc.
3. Teeth are prepared for bridges in the areas near and under the gum line. This can be somewhat irritating to the gums. If your gums are sore, use warm, saltwater rinses every other hour to soothe them.
4. Refrain from flossing the temporary bridge. Brush the temporary bridge thoroughly but gently.
5. If your tooth aches, use over-the-counter pain medications. Ibuprofen (Advil, Motrin, Nuprin, etc.) generally works well since it has both pain relieving and anti-inflammatory properties. Normally this discomfort will last only a day or two.
6. **If you experience any of the following, notify your dentist:**
 - **Spontaneous sharp or throbbing pain not relieved by over-the-counter pain medications.**
 - **Sensitivity to biting pressure.**
 - **Sensitivity to heat and/or cold that causes pain for more than 5 seconds. after the source of the heat or cold is removed from the tooth**
 - **Swelling or tenderness of the gums in the area of the root of the tooth.**
7. If your temporary bridge comes off, it is extremely important that it be recemented within 24 hours even if there is no discomfort. The temporary not only protects the tooth, it also maintains the position of the crowned teeth, the adjacent teeth, and the opposing tooth. If the temporary is off and these teeth drift, the permanent bridge is unlikely to fit. This will mean re-doing the bridge procedure causing additional appointment time and additional cost.
8. It is your responsibility to return to the office within 5 weeks to have the permanent bridge seated. If you wait longer than 5 weeks, you may need your treatment redone resulting in additional appointment time and additional cost.