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Dental Bridge - Aftercare

- Dental bridges need regular cleaning!

When you have a dental bridge, it is important to keep the adjacent teeth and gums healthy so they can continue to provide support for the bridge.

At first, it may be challenging to keep your bridge and adjacent gums and teeth plaque-free, but a variety of tools and techniques can dramatically improve the effectiveness of your home care routine.

- Brushing and flossing

Brush and floss your teeth and gums normally after each meal to keep your mouth healthy. Make sure to brush and floss the bridge teeth carefully to keep them strong and healthy.



Floss Threaded

- Superfloss and floss threaders

Use superfloss and floss threaders to keep the area between the artificial teeth and your gums free of plaque. Superfloss has one stiff end that helps you pass it through tight areas. It also has a fuzzy, tufted segment that removes plaque and food particles from the gums and the bridge as you floss. Just insert the superfloss between the bridge and your gums and floss the area completely.

A floss threader has one, thin stiff end and a loop through which you can thread dental floss. To use a floss threader, pull about 18 inches of floss through the floss threader, and then insert the threader into the tight spots between the bridge and your gums. Pull the threader until the floss is under your bridge, remove the threader from your mouth and then use the dental floss as you normally would.

- Other tools and techniques

Depending on the situation, we may recommend additional tools and techniques to help keep all the areas around your bridge plaque-free. These may include oral irrigation, small brushes, or other devices. We also set up regular dental checkups to maintain the success of your bridge. With time your bridge and your new oral hygiene routine will become familiar and comfortable.

Superfloss has stiff fuzzy tufted segments



- Pain

Discomfort after a difficult or prolonged surgery should be expected. Medication will be prescribed to make you comfortable. Severe pain lasting longer than three or four days is unusual. Please notify Dr. Umanoff if this should happen.

Pain medication should not be taken on an empty stomach. All narcotic medications can occasionally cause itching without the development of a rash. Remember most pain medications take at least 30 minutes to take effect.

- Diet

Do not use tobacco for at least 24 hours and avoid it as much as possible for several months.

The day of the surgery you should only consume liquids or very soft foods. It is usually best not to consume anything until two or three hours after surgery with general anesthesia.

Pain medication and antibiotics, if needed, can be taken after a small amount of food has been consumed. It is very important to maintain good nutrition. If you only had a few implants placed and you otherwise have a normal bite, regular food can be consumed after you feel like the surgical site has mostly healed (usually within 5 days). If you are wearing a denture and have had several implants placed, it is best not to chew hard foods for an extensive period of time. You will need to personally discuss this with Dr. Umanoff prior to eating a normal diet.

- Nausea

Nausea can occur after general anesthesia or with the use of pain medication. Remember, do not take the pain medication on an empty stomach. If you were given medicine for nausea, you will find this very helpful. Nausea is rare and usually does not last very long.

- Sinus Lift Surgery

If you have had sinus lift surgery to allow for placement of implants in the upper jaw, it is important that you adhere to the following instructions.

- > All other general implant instructions should be followed.
- > Do not blow your nose for at least one week.
- > Use a saline nasal spray several times a day to keep your nose flushed out and irrigated.
- > Sneeze with your mouth open.
- > If a decongestant is prescribed, be sure to take it until finished. This will help keep the sinuses drained and will most likely prevent a sinus infection.
- > All of these instructions are designed to prevent movement of the bone graft into the sinus and to prevent getting a sinus infection.