

## Care Instructions for Your New Bonded Bridge

**Date Cemented:**

**Cement:**

**Teeth Restored:**

**Bridge Type:**

Your missing tooth has just been replaced with a bridge which connects to one or both of the adjacent teeth and spans the space. This bridge, may be made of fibre reinforced composite, porcelain fused to base metal, eMax (porcelain) or zirconia (high strength porcelain), as previously discussed with you. A metal or porcelain bridge is quite strong, resistant to staining, and will provide a lasting cosmetic and functional result if not a composite bridge. A composite bridge is not as strong, and will gradually wear and stain with time and also depending on your diet. Your bridge has been cemented to place using the latest in dental adhesives. If the bridge is connected to just one support tooth, then you will be able to easily floss under it. If your bridge is connected to two or more support teeth, you will need to use Superfloss or interdental brushes to clean underneath it. We will show you how to do this.

It is common to experience some sensitivity in the support tooth or teeth following the placement of a new bridge. This sensitivity may last from a few days to several weeks. If it persists, please do not hesitate to contact us.

Whilst your bridge is relatively secure, you should still take care not to place excessive stress on it. You should not eat, chew or bite objects that could damage your natural teeth as they may also damage your bridge. Do not try to open bottle tops or chew very hard or sticky jubes or toffees with your bridge. Whilst this sounds strange to say...some people do try!

Statistically, metal and porcelain based bridges will last somewhere between eight to twelve years, whilst fibre reinforced composite bridges will generally last two to five years. This means some bridges may need replacing sooner, but others will last much longer. You should ensure that you have your regular six monthly check up and cleaning appointments with your general dentist to maintain your bridge and other teeth. We will also arrange an annual review appointment for you. If you see us each year for that check, and your bridge requires replacement within five years (two years for composite), this would suggest that there may have been a technical problem in the fabrication of your bridge rather than poor care, and so we would repair or replace it at no out of pocket cost to you. Occasionally, porcelain chipping may occur and again we would polish this out or replace the bridge if necessary, at no out of pocket cost to you. Bonded bridges may also de-bond and come off completely intact. If this happens, please call us and we will see you promptly to re-bond it.

Thank you for allowing us to assist you with your dental care and please do not hesitate to contact us with any questions that you may have on.

perfect smiles