

*- congratulations on restoring your dental health  
with a bridge! -*

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**-WHEN AND WHAT CAN I EAT?**

-If there was anesthetic used during your procedure - please avoid chewing until the numb feeling has completely gone away.

-Avoid using the area where the bridge was placed for at least one hour in order to let the cement fully set.

-Keep in mind that you do have a restoration but feel free to use your restoration like you would your normal teeth.

**-CAN I BRUSH AND FLOSS?**

-Brush your teeth as you normally would - it is very important to keep your bridge in great condition just like your other teeth.

-Use floss threaders or Superfloss to clean around the teeth that support your bridge and under your bridge.

-It is very important to keep this area clean and you must clean your bridge at the minimum - once a day.

**-WHAT IF THERE IS DISCOMFORT?**

-You may experience some discomfort due to irritation to the area during the treatment procedure.

-If for any reason your bite does not feel even or balanced please call to come in and have us adjust it at your earliest convenience.