Taking Care of Your New Bridge

The most important part of taking care of your new bridge is keeping the adjacent teeth and your gums healthy, as these areas support the bridge. At first you may find it challenging to keep your bridge and the surrounding area plaque-free. There are a variety of tools and techniques that can dramatically improve the effectiveness of your homecare routine.

Start by brushing and flossing normally. Brushing after each meal helps to keep plaque from accumulating. You will need some specialized tools to be able to floss underneath your bridge. While using these specialized tools, make sure you clean around both of the supporting teeth of your bridge.

Our staff will help you decide which tools and techniques will work best for you. At each hygiene appointment, your hygienist will review which tools you are using and answer any questions you might have.

Superfloss

Superfloss is a special type of floss that has one end that is stiff and allows you to pass it through underneath of your bridge. There is a fuzzy, tufted segment that is perfect for removing plaque and debris that may have accumulated underneath your bridge. Superfloss also has a section that is regular floss and will work to clean gently under your gums

Floss Threaders

A floss threader has one thin, stiff end and loop through which you can tread dental floss through. This works like a needle to allow you to pull floss through under your bridge. Once the floss is through your bridge, remove the threader and floss as you normally would.

WaterPik

A WaterPik is an oral irrigator. You fill the tank with water and use it to flush around and underneath the bridge. Oral irrigators/water flossers work great for people who have limited dexterity.

Proxy Brushes and Soft Picks

Proxy brushes are small brushes that can be used to remove plaque and debris from underneath and around your bridge. Soft picks are small rubber tips that work great for cleaning those tricky areas around bridges.