



Cambridge Dental Hub



Love Your Smile 1 Brooke House, Kingsley Walk, Newmarket Road, Cambridge, CB5 8TJ Love Your Smile

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Dr David Gilmartin, Dental Surgeon

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Dr Konstantinos Tzamalass, Orthodontics

Dr Gulelala Azhar, Dental Surgeon

Dr Maria Ruiz Del Barrio, Dental Surgeon

Dr Ettiene Deysel, Sedationist

Mrs. Nur Gilmartin, Dental Hygienist

Mrs. T Ocal, Dental Hygienist

Miss Sam Singleton, Practice Manager

Post-Op Instructions: After Receiving a Bridge

If you have received this sheet, it is because you had a Bridge appointment today. Here are some instructions to make sure you take care of yourself properly.

1. If your tooth was numbed today and you should avoid eating or drinking hot beverages until the feeling returns (1-1.5 hrs). It is very important not to chew your lip or cheek.
2. You can consume cold beverages. A smoothie is a great option for some nourishment.
3. Your tooth and gums will likely be sore for a few days due to being worked on.
4. You may want to consider swishing with some warm salt-water to cleanse the area.
5. Bridges take 2 visits to complete because your Bridge is being made by one of the top dental laboratories in the area specifically to fit your tooth and bite.
6. Bridges typically take about 1 to 2 weeks to be made. If we have provided a temporary Bridge is called a temporary Bridge because it is made from a soft acrylic material, and is put on your tooth with an intentionally weak adhesive, so that it can be taken off easily when it is time to put in the final Bridge.
7. Your temporary Bridge does not reflect the colour, shape, or fit of the permanent Bridge.
8. Please take care of your Temporary Bridge Do not eat anything sticky or overly crunchy on these temporary Bridges. A sticky food like gum or sweets might pull it off the tooth. Something really crunchy like almonds might crack the material.
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10. When flossing the teeth with the temporary Bridge, floss down the tooth as normal, but instead of pulling your floss up and possibly dislodging the Bridge; pull your floss out to the side of the tooth.
11. We advise SuperFloss for cleaning under the bridge (between the teeth). We will show you how to use it.
12. If your temporary Bridge cracks or comes loose please contact the surgery ASAP. It is important to keep the temporary on your teeth to hold the teeth in place; otherwise your final Bridge not to fit.
13. If your temporary Bridge feel "high" or "tall" and hurts or feels weird to bite down on then please contact the surgery ASAP
14. When you receive your final Bridge, we will be removing your temporary and placing the final Bridge with a much stronger adhesive. You will then need to wait about 1-1.5 hours before eating.
15. You will need to care for this tooth like any other tooth, it needs to be brushed and flossed. The dental Bridge itself cannot get a cavity, but there is still tooth structure where the Bridge ends and your tooth begins again. You can get tooth decay there if you do not care for this tooth.
16. Like almost all dental treatment Bridges will usually eventually fail but can last a long time with proper care including regular examinations and effective personal dental hygiene. However, like any man made material, it will wear out with time and need replacement



Emergency visits can be arranged by calling the practice, and we can normally give you a same day appointment.

REMEMBER if you have an emergency and you can't contact us and it involves

Swelling effecting the throat, tongue or airway;

Blockage effecting the throat, tongue or airway;

Rashes anywhere on your body after treatment

Rashes anywhere on your body after taking medication

Severe pain

Bleeding that does not stop with pressure

Bleeding that continues for more than 2 hours after treatment

Bleeding that worries YOU

Then call 111 or GO TO CASUSLTY STRAIGHT AWAY