



Caring for your Bridge, Denture, or Implant

Bridge

- Your bridge needs to be cleaned and brushed 2x daily (like you do with the rest of your teeth). Cavities can form on the supporting teeth if plaque/debris is not adequately removed daily.
- Be sure to remove plaque/debris from underneath the false tooth portion of the bridge. Useful aids include: floss with the help of a floss threader or bridge aid; superfloss; proxybrush; or waterpik. When using any type of floss, in addition to swiping it under the false tooth, be sure to cup the floss around each of the teeth holding the bridge in and move it up and down.

Denture

- Clean your denture daily. You can soak your dentures in a specialized denture cleaner, however, we strongly recommend you gently brush your dentures daily to remove plaque that has accumulated. You may also use antibacterial soap to clean your denture. Simply soaking your denture won't effectively clean it. Always use a soft bristle denture cleaning brush and no toothpaste. Toothpaste can be abrasive and cause scratches, which can allow bacteria/plaque to adhere easily.
- Rinse your dentures after each meal. Food can accumulate underneath them and cause irritation, mouth sores, and a foul smell. Rinse them over a sink full of water to avoid damage if you drop them.
- When you aren't wearing your denture, place it in a cup of cool water or a denture cleaning solution. Doing this will prevent it from drying out. Do NOT soak your denture in hot water. Doing this could warp your denture and cause it to not fit properly.
- Don't use any other type of cleaner but specialized denture cleaner. Other types of cleaners can damage your denture (i.e soap, bleach, vinegar).
- Remove your dentures nightly to let your gum tissues breath.

Implant:

- Brush implants 2x daily with a soft bristle toothbrush, just like the rest of your teeth.
- Use additional aids to help clean in between the teeth/implant and below the gum line. These include: proxybrushes, unwaxed/plain floss, or a waterpik.
- We highly recommend using a waterpik to clean around your implant with the bristle filament tip (a.k.a. – the Plaque Seeker Tip). If you do not have this tip, please turn down your power setting to low and gently clean along the gumline and in-between the implant/teeth. It shows better results when compared to regular flossing. However, if floss is all you have, we prefer you to use floss than nothing at all.

We invite you to contact us with questions!