

## How do I maintain my new tooth supported Crown/Bridge?

Crowns/Bridges are designed to protect the underlying tooth from fracture. However, they need to be well maintained by you.

Brushing at least twice a day and flossing at least once a day are important parts of oral hygiene, and should be part of your daily routine.

Although the crown/bridge itself will not decay, the tooth margin (where the crown/bridge meets the tooth), can decay. This margin is near or under the gumline, so concentrate on this area during brushing and flossing.

### **Flossing:**

- Wrap the floss around the circumference of the tooth to maximise the surface area contact
- Slide the floss up and down the tooth and under the gum gently
- Alternatively, an interdental brush can be used in larger spaces
- To floss underneath your bridge, we recommend you use Superfloss (this floss comes in pre-cut lengths with a stiff end a thicker spongy middle and a normal floss like end). Use the stiff end to thread the floss underneath your bridge, pull it through to the spongy middle section and rub this along the space between your gum and bridge

### **What should I do if my Crown/Bridge feels odd?**

Ring us to make an appointment for a review, as your crown/bridge may need a slight adjustment. It should not feel high after 1 week, and you should feel like you are biting evenly on all teeth.

Crowns/bridges have an average life expectancy of 10-15 years, but if you maintain your crown/bridge well it may last significantly longer.

### **Initial two-week review appointment**

This appointment will be allocated for you with the hygienist to assess your gum health around the crown/bridge. Cleaning techniques and types of equipment will be demonstrated and an oral hygiene regime will be tailored to meet your specific needs.