

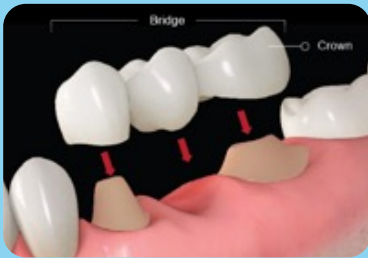


مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Oral Hygiene Maintenance for Dental Bridges



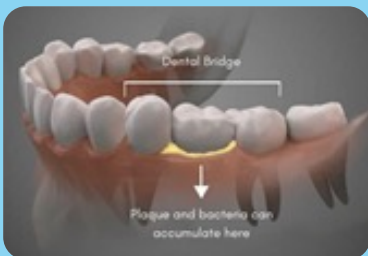
Dental bridges are fixed, tooth supported prosthesis used for replacement of one or more missing teeth to restore the form, function and appearance of missing teeth. The artificial tooth/teeth are held in place by cementing them to the remaining adjacent natural teeth.



Good hygiene of the bridge is important to ensure healthy supporting tissues and longevity of the prosthesis.

Caring for bridge involves regular toothbrushing and flossing of all the teeth, along with extra care to eliminate the dental plaque (sticky film of bacteria) and food debris buildup underneath the bridge.

Failure to clean under the bridge will result in tooth decay, gum diseases and bad breath.



Special Oral Care products for Dental Bridges:

1. Super Floss

It is a special type of floss which has a stiff end and a spongy floss part.

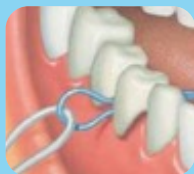


- Pass the Super Floss until the spongy part is under the bridge.
- Gently move the floss back and forth, sliding the floss upwards and downwards along the base of the bridge.

2. Floss Threader and Dental Floss



Floss threader is a small, flexible, looped tool made of nylon.



Pass the dental floss through the loop of the threader. Insert the needle like end of the threader between the bridge and gum line, from cheek side to the tongue side.



Pull it until the floss is placed under the bridge. Then remove the threader.

Move the floss under the bridge surface in gentle back and forth motion, similar to Super Floss.

3. Interdental brushes

Small headed special toothbrushes are available in a range of different sizes, to clean around and under the artificial teeth.



Consult your dentist to select the correct size of interdental brush for your bridge.

Insert the bristles of interdental brush underneath the artificial tooth/ teeth and gently clean by twisting and pulling the brush back and forth between the artificial teeth and gums.

4. Other Oral Hygiene Aids

Depending on the situation, additional oral hygiene aids like electric toothbrush with special cleaning head, oral irrigators and mouth washes may be needed to keep the areas around the bridge free from dental plaque and food debris.

Regular dental checkups are very essential for success of dental bridges.

