

## **Full-Arch Provisional Bridge Care Instructions**

**Here are a few tips to help protect your implants while they integrate (heal), to maintain your tissue health, and to minimize the risk of fractures to your temporary bridge.**

### **During the first 2 weeks after surgery:**

- **A SOFT FOOD DIET is recommended for the first 4 months after your surgery. This is most important during the first 10 weeks.**
- **A good rule of thumb is that if you can easily cut the food with a fork you can eat it.**
- **Cut food into smaller bites to reduce stress on the healing implants.**
- **Soft food examples are: eggs, yogurt, oatmeal, soup, smoothies, small bites of chicken, hamburgers (avoid bacon and crisp vegetables), hot dogs, steamed vegetables, mashed and baked potatoes (use caution with French fries), bananas, berries, soft fruits.**
- **AVOID CRUNCHY FOODS AT ALL COSTS until the final bridge is seated.**
- **Continue to rinse with Peridex/Chlorhexidine 2 times daily for 30 seconds at a time. Do not eat or drink for 30 minutes afterwards.**
- **Rinse with warm salt water 2-3 times a day for 1 minute. Mix 1 teaspoon of salt with 1 cup of warm water.**
- **Peroxyl (by Colgate) is a great rinse to improve healing and can be used for up to 1 minute 2-3 times a day.**
- **Brush the temporary bridge with a SOFT toothbrush and toothpaste.**
- **Use regular toothpaste, but avoid ones containing abrasives, such as baking soda.**
- **AVOID brushing your gums, using a Waterpik, or flossing under the bridge unless otherwise directed.**

**After 2 weeks:**

- **A Water-Pik is helpful. Use medium water pressure or less to prevent damaging your gum tissue.**
- **Cordless Waterpiks are available if you prefer to Waterpik in the shower to reduce any mess from splashing water.**
- **Daily flossing with “Super-floss” or a floss threader under the bridge and between the implants is recommended.**
- **“Soft Picks” from “GUM” are good for on-the-road cleaning. They have no metal so you minimize the risk of cutting your gums.**
- **Continue to rinse with Peridex/Chlorhexidine if you desire. Call our office for prescription refills as needed.**
- **Daily use of Peroxyl prior to brushing can help maintain healthy tissue.**

**Rinse AFTER BRUSHING with PLAX Rinse if desired to lessen the build-up of tartar and stain on your bridge.**

**Rinse with warm salt water 2-3 times daily if the tissue becomes irritated around the bridge. If the irritation persists more than 2-3 days call our office.**

**If you develop any looseness of the bridge or fractures of the acrylic call our office right away.**