



5915 Mira Mesa Blvd, Ste. B
San Diego, CA 92121
858-558-2121

Bridges

Please call us at 858-558-2121 if you have any questions.

Bridges usually take two or three appointments to complete. On the first appointment, the teeth are prepared. A temporary bridge is placed to protect the teeth while the custom restorations are being made.

After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. On rare occasions, the temporary bridge can come off. Call us if this happens, and keep the temporary so it can be re-cemented. It's very important for the proper fit of your final restoration that temporaries stay in place. It's normal to experience some sensitivity to heat, cold and pressure after each appointment.

Your gums may be sore for several days. Rinse three times a day with warm salt water to reduce pain and swelling. Use medication only as directed.

It's important to continue to brush normally, but floss very carefully and pull the floss out from the side to prevent pulling out the temporary crown. If your bite feels uneven, if you have persistent pain, or you have any other questions or concerns, please call us immediately at 858-558-2121.