

Oak Park Dental
320-629-2282

Taking Care of Your New Bridge

When you have a dental bridge, it is important to keep the adjacent teeth and gums healthy so they can continue to provide support for the bridge. At first it may be challenging to keep your bridge and the surrounding area plaque-free. There are a variety of tools and techniques that can dramatically improve the effectiveness of your homecare routine.

Start by brushing and flossing as you normally would. Brushing after each meal helps to keep plaque from accumulating. You will need some special tools to be able to floss underneath your bridge. While using these specialized tools, make sure you clean both teeth.

Our staff can help you decide which tools and techniques will work best for you. At each hygiene appointment our hygienists will review with you what tools you are using and make sure to answer any questions.

[Superfloss](#)

Superfloss is a special type of floss that has on end that is stiff-this allows you to pass it through below the bridge. There is a fuzzy, tufted segment that is perfect for removing plaque and food particles from your gums and underside of the bridge as you floss.

[Floss Threader](#)

A floss threader has one thin, stiff end and a loop through which you can tread dental floss. This works like a needle to allow you to pull floss through under your bridge. Once the floss is through your bridge, remove the threader and floss as you normally would.

[Water Pik](#)

A WaterPik is an oral irrigator. You fill the tank with water and flush around the bridge. WaterPiks are great for patients who have limited dexterity.

[Proxy Brushes](#)

Proxy brushes are a small brushes that can be used to remove plaque and debris from underneath the bridge.

[Soft Picks](#)

Soft Picks are small rubber tips that work great for cleaning those tricky areas around bridges.

Remember to keep your routine cleaning appointments so we can help maintain the success of your bridge!