

Caring for Your Dental Bridge

Long-Term Home Care — Take-Home Instructions

A bridge is cared for like a crown in most ways, with one important difference: the false tooth in the middle (the pontic) needs its own cleaning technique underneath it.

Brushing

Twice a day with a soft-bristled brush, focusing on the gumline at each abutment (the crowned teeth anchoring the bridge).

Cleaning Under the Pontic — the Important Part

- A floss threader or orthodontic floss — has a stiff end that guides floss up and under the pontic.
- Super floss (or a similar pre-made bridge floss) — has a built-in stiffened end plus a spongy section made for this exact job.
- A water flosser is a useful addition, but works best alongside — not instead of — threading floss under the bridge at least once a day.

Foods to Avoid

Very hard foods (ice, hard candy) and very sticky foods (caramel, taffy) — a common cause of a bridge cracking or coming loose over time.

Call Us If

The bridge feels loose or shifts, you notice a new gap, or you have persistent bad breath or taste localized to one area — often a sign something is trapped under the pontic.