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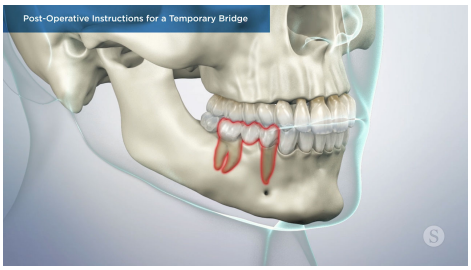
Post-Operative Instructions for a Temporary Bridge

After your temporary bridge is in place, it is important to follow these care instructions to protect it and maintain the position of your teeth.

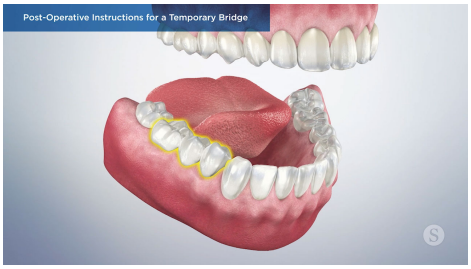
Immediately after your temporary bridge is placed, it is important to avoid eating or drinking until the anesthesia has worn off to prevent possible injury to your lips, tongue, and cheeks.

Since a temporary bridge is less durable and meant to be easily removed by your doctor; you should avoid eating hard, crunchy, chewy, or sticky foods until your permanent bridge is ready.

Your gums may be sore for up to three days following the procedure. You can rinse with warm salt water three times per day to help reduce pain and swelling. And you can take an over-the-counter pain reliever, like Ibuprofen, if needed.



It's normal to experience some sensitivity to pressure, heat and cold in the days following your procedure, but this should pass as your mouth adapts to the temporary bridge.



Your temporary bridge may be shaped slightly different than your original teeth. Your tongue may magnify these slight differences, but you will become accustomed to them within a few days.

You should resume regular brushing and flossing immediately to keep the temporary bridge and supporting teeth free of plaque buildup and decay.

However, use care when brushing and flossing around adjacent teeth, as this may cause it to come loose or fall off.

If your temporary bridge does come off, slip it back on, and call your doctor's office to schedule a time to reattach it.

Additionally, if your bite feels uneven, or if you experience persistent pain or sensitivity outside of the norm, it is important to contact your doctor's office for assistance.

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