Caring for your Bridge

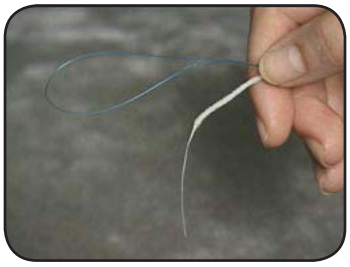
Dental bridges need regular cleaning

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.

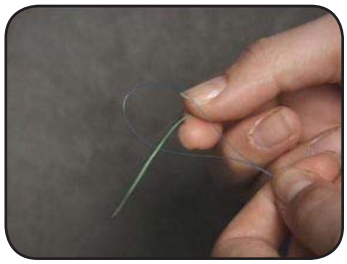
At first, it may be challenging to keep your bridge and the adjacent gums and teeth plaque-free, but a variety of tools and techniques can dramatically improve the effectiveness of your homecare routine.

Brushing and flossing

Brush and floss your teeth and gums normally after each meal to keep your mouth healthy. Make sure to brush and floss the abutment teeth carefully to keep them strong and healthy.



Superfloss showing stiff and fuzzy, tufted segments



Floss threader



Superflossing a bridge

Superfloss and floss threaders

Use superfloss and floss threaders to keep the area between the artificial tooth and your gums free of plaque. Superfloss has a stiff end that helps you pass it through tight areas. It also has a fuzzy, tufted segment that removes plaque and food particles from your gums and the bridge as you floss. Just insert the superfloss between the bridge and your gums, and floss the area completely.

A floss threader has one thin, stiff end and a loop through which you can thread dental floss. To use a floss threader, pull about 18 inches of floss through the floss threader, and then insert the threader into the tight spots between the bridge and your gums. Pull the threader until the floss is under your bridge, remove the threader from your mouth, and then use the dental floss as you normally would.

Other tools and techniques

Depending on the situation, we may recommend additional tools and techniques to help keep all the areas around your bridge plaque-free. These may include an oral irrigator, small brushes, or other devices. We also set up regular dental checkups to maintain the success of your bridge.

With time, your bridge and your new oral hygiene routine will become familiar and comfortable.

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