



• **MASCOT** •

A CARING APPROACH TO YOUR DENTAL HEALTH

Caring for a New Bridge or Prostheses

- It will take a few days for the muscle, jaw, bite and gum to settle after having your bridge or prostheses cemented.
- Inevitably you will experience some food trappings. Eat slowly as much as possible and take note of any high spots, if indeed there are any.
- You may experience some minor difficulties with speech, especially with the sound "s", in the first few days. Speaking slowly and repeating the numbers 66 to 77 (several times a day) will help you overcome these difficulties.
- You may need to have your bridge or prostheses adjusted several times in the first 2 weeks. Please feel free to contact us as often as you need to.
- Good home oral care on your prostheses is essential. It is equally important that you have teeth cleaned and fluoride treated with your Dentist regularly (every 6 months at most). This will ensure you maintain a good level of oral health and will also strengthen your teeth.

In first one to two weeks, you may experience some discomfort, especially when eating. It will take some time for you to become used to your new bridge or prostheses. It is best to eat soft food for the first few days and ease back into your normal diet.

Please feel free to contact your Dentist at any stage if you have questions.

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