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## Crown and Bridge Care Instructions

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**Congratulations on receiving your new crown or bridge!** This permanently fixed appliance can serve for decades, assuming it is properly taken care of. We'd like to share a few tips to help make your new restoration last as long as possible:

- **DO** brush and floss your crown as if it were a normal tooth. If you have received a bridge, be absolutely sure you clean underneath the bridge with either a floss threader or interdental brush, as we have demonstrated for you.
- **DO** consider the use of a waterpik device to maintain healthy gums around your new crown or bridge.
- **DON'T** attempt to use your crowned tooth for "extra-eating" activities, such as cutting fishing line, opening bottles, or any other funny business.
- **DON'T** believe that bleaching will be effective to whiten a crowned tooth. Brushing and your regular hygiene appointments are the best way to remove coffee and tea stains and maintain the lustre of your restoration.