



MODRI ZOB

## MAINTAINING DENTAL BRIDGES AND CROWNS

**It is important to realize that regular maintenance of bridges and crowns is essential for their longevity.** Maintenance and care include **daily brushing and flossing**, as well as regular check-ups with the dentist every six months.

### BRUSHING TEETH

Brush your teeth at least **twice a day** with a toothbrush and toothpaste. If using a medium-hard toothbrush, brush your teeth for 2-3 minutes. If using a soft or extra-soft toothbrush, it is recommended to brush for 5-7 minutes. Brush all teeth equally; you cannot damage a new fixed prosthetic with a toothbrush.

### FLOSSING

Flossing is recommended **at least once a day**. It's advisable to be gentle while flossing to avoid cutting into the gum and causing bleeding. When inserting floss into the interdental space, release tension at the contact point between teeth and slowly move the floss into the space. There are various types of floss available. The most suitable one depends on each individual. Starting with waxed floss is recommended as it easily slides into interdental spaces without breaking. If you find it difficult to **use finger-wrapped floss**, **floss with a plastic handle** is also an option.

Special interdental superfloss® is designed for effective cleaning **under bridges**. The floss consists of a thickened part that cleans under the bridge and a sturdy, tougher part that allows pushing the floss under the bridge.

### INTERDENTAL BRUSHES

These are used for cleaning larger spaces **between teeth** and **under bridges**. There are various types and sizes of interdental brushes available. It is advisable to choose an interdental brush that fits the size of your interdental spaces. **After use, rinse the interdental brush under running water; it can be reused multiple times.** If your gums bleed at a specific spot after using an interdental brush or floss, it indicates inflammation. **More brushing and flossing** are needed at that spot to remove food causing the inflammation.

### DENTIST VISITS

At Modri zob, we recommend visiting the dentist **every 6 months** for a check-up. The dentist will assess the adequacy of your dental care and fixed prosthetic replacements.

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