**Dental Bridges**

**What is a Dental Bridge?**

Dental bridges are false teeth that are used to replace missing teeth. Unlike traditional removable dentures, a dental bridge is permanent. This is done by anchoring them to the teeth at one, or both, sides using metal bands, which are held in place by resin or cement. They are an alternative to dental implants for patients who don’t want to have surgery.

Dental Bridges can:

* Help maintain the shape of your face.
* Prevent remaining teeth from drifting out of position.
* Restore the ability to properly chew and speak.
* Help restore your smile.

**What is the procedure for getting a Bridge?**

Generally, to prepare and fit a bridge takes two appointments.

During the first appointment the adjacent teeth are trimmed down slightly to accommodate their bridge. An impression is taken of the area and the bridge is custom-made by a specialised lab technician according to the dentist’s instructions. In this first appointment our dentist will also determine the right shade for your bridge.

At your second appointment, your new bridge is fitted. Your dentist will ensure that the fit is comfortable and that you are happy with the appearance before cementation.

**Follow On Care**

Make sure that you follow good oral hygiene twice daily too to help keep your remaining teeth clean and healthy. Your dentist will go through special cleaning techniques for your new bridge in order to maintain it well.