



Dr. Tyson Merrill, DDS FRCD (C) Prosthodontist

Fixed Prosthesis Care Instructions

Your fixed prosthesis is a long-term investment in your oral health, function, and appearance. Proper care is essential to maintaining its longevity and keeping your gums and surrounding teeth healthy.

DAILY CLEANING:

- **Brush twice daily** using a soft-bristled toothbrush and a low-abrasion toothpaste.
- **Use a water flosser (Waterpik)** to clean underneath your prosthesis and along the gumline. This helps remove plaque and food particles from areas a toothbrush cannot reach.
- We recommend you **use super floss or interdental brushes** to clean between implants or under bridges.

PROFESSIONAL MAINTENANCE:

To ensure the longevity of your prosthesis and maintain optimal oral health, **at least yearly visits** are required. In some cases, **more frequent visits** may be necessary, depending on your individual needs.

During these visits:

- Your **prosthesis will be removed and professionally cleaned**.
- **Your gums will be thoroughly examined and treated** as needed to maintain healthy tissue and prevent any issues.
- The **cost for this service is approximately \$400-500 per arch** per visit.

Regular professional maintenance helps prevent complications such as **gum inflammation, infection, or bone loss** around implants, ensuring the best long-term results for your prosthesis.

EATING & LIFESTYLE TIPS:

- Avoid **excessively hard or sticky foods** (e.g., ice, hard candy, caramel) that could put stress on your prosthesis.
- If you grind or clench your teeth, **wear a nightguard** to protect your prosthesis.
- Smoking **can contribute to gum disease and implant failure—reduce or avoid this habit** for long-term success.



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SIGNS OF CONCERN:

If you experience any of the following, contact our office promptly:

- **Bleeding, swelling, or tenderness** around your prosthesis
- **Looseness or discomfort**
- **Persistent bad breath or a bad taste**, which could indicate an infection

QUESTIONS OR CONCERNS?

For routine care and maintenance, please schedule your hygiene appointment at least once per year.

For **urgent concerns**, contact our office at **(587) 486-9868**.

For **emergency assistance outside office hours**, call **Dr. Merrill at (587) 257-0102**.

