

WHAT ARE THE IMPORTANCE AND BENEFITS OF DENTAL BRIDGES?

Dental Bridges are the most common option for replacing a missing tooth. As the name suggests these help in bridging the gap created due to a missing tooth. A dental bridge is made up of two or more crowns on either side of the gap, anchoring teeth in between. Pontics which are false tooth is positioned in place of the missing tooth. These pontics are made of gold, alloy or porcelain, most common being porcelain. Dental bridges are supported by implants or natural teeth.



Bridges or crowns are fixed or cemented onto the existing tooth or implanted by the dentists. These entirely cover or form a cap covering the damaged or implanted tooth. Bridges are often used to cover space created by the missing teeth, cemented with the natural teeth.

Benefits of Dental Bridge:

In addition to bridging the gap of the missing tooth and strengthening a damaged tooth, there are other benefits associated with a dental bridge;

1. Restore your smile.
2. Helps you to properly chew and speak.
3. Helps in Maintaining the shape and alignment of your face.
4. Prevent remaining teeth from drifting out of position.

Types of Dental Bridges:

Cantilever bridges are used when there are adjoining teeth on only one side of the missing tooth or teeth. This is not recommended at the back of the mouth as it puts too much force on other teeth and damages them.



Traditional bridges involve creating a crown for the tooth on either side of the missing tooth, with a pontic in between. These are the most common type of bridges and are made of either porcelain fused to metal or ceramics.

Maryland bonded bridges are made of porcelain, porcelain fused to metal supported by a framework. Metal or porcelain is sectioned often on one side of the bridge and is bonded to your existing teeth.

Permanent Dental Bridge is made up of natural or tooth coloured material to replace a tooth lost by disease or injury. A permanent bridge consists of a pontic attached to the surrounding dental crowns.

A Dental Bridge lasts for about 5 to 15 years, but sometimes they may loose or fall out. The most important step that you must remember is taking care of oral hygiene.

- Keep your gums and teeth healthy by brushing with the dental recommended toothpaste twice a day and also floss daily.
- Make sure you often see the dentist for checkups and professional cleaning.
- Avoid chewing hard substances such as ice.

If you are missing one or any number of teeth, there are several methods that can help fill the gap, Dental Bridge being important and cost-effective. There are several; benefits related to the dental bridge but it is recommended that you discuss with your dentist before proceeding.