

Instructions for **Fixed/Removable prosthodontics**

The following are recommendations for care and maintenance of fixed/ prosthodontics.

Initially it will be difficult to pronounce or speak certain sounds, it is temporary, speaking out loud will help speed this up especially pronouncing the letters S & R.

Foods:

Avoid eating the following foods, these could damage the prothesis.

- Nuts, almonds & peanuts.
- Jicama, apples & carrots.
- Coconut
- Sticky or taffy Candy, caramels.
- Ribs.
- Chewing ice.
- Gum.
- Whole corn.
- Pork cracklings (chicharrón)
- Any other food that is hard to chew.

Maintenance:

Removable Prothesis (dentures & bridges)

- Wash prothesis at least twice a day with toothpaste or liquid soap.
- Removable prothesis when going to sleep.

Fixed Prothesis (crowns, crowns over implants, fixed bridges)

- Normal brushing, it is very important to floss.

It is recommended you attend a checkup every 6 to 12 months.



IF YOU FEEL ANY PAIN OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT, PLEASE CONTACT US AT:

MX 664.634.6307/US 619.730.3130 Online Appointments | **dentalhctijuana.com**