



How Long Does a Dental Bridge Last?

A dental bridge can restore your smile for many years—but its lifespan depends on how well you care for it.

A dental bridge is a common solution for replacing one or more missing teeth. It can improve your ability to chew, restore your smile, and help prevent neighboring teeth from shifting.

One of the most common questions patients ask is: **"How long will my dental bridge last?"**

The answer varies from person to person, but with good oral hygiene and regular dental care, many dental bridges provide reliable function for many years.

What Is the Average Lifespan of a Dental Bridge?

Many dental bridges last **between 5 and 15 years**, and some remain in excellent condition for **20 years or longer** with proper care.

The longevity of a bridge depends on several factors, including:

- Daily oral hygiene
- The health of the supporting teeth
- Regular dental checkups
- Diet and lifestyle habits
- Teeth grinding (bruxism)

No restoration lasts forever, but good preventive care can help maximize its lifespan.

Factors That Affect How Long a Dental Bridge Lasts

1. Oral Hygiene

The supporting teeth are just as important as the bridge itself.

Plaque can accumulate around the edges of the bridge, increasing the risk of cavities and gum disease. Brushing twice a day and cleaning underneath the bridge every day are essential.

2. Gum Health

Healthy gums provide support for the teeth that anchor the bridge.

Untreated gum disease can weaken this support and shorten the life of the restoration.

3. Teeth Grinding

Grinding or clenching your teeth places extra pressure on the bridge.

If you grind your teeth—especially while sleeping—your dentist may recommend a custom night guard to help protect your teeth and dental restorations.

4. Diet

Hard foods and habits such as chewing ice, biting pens, or opening packages with your teeth can damage a bridge.

Choosing a balanced diet and avoiding unnecessary stress on your teeth can help preserve your restoration.

5. Regular Dental Visits

Routine dental examinations allow your dentist to:

- Check the condition of the bridge
- Detect small problems early
- Monitor the supporting teeth and gums
- Perform professional cleanings

Early detection often prevents more complicated problems.

Signs Your Dental Bridge May Need Attention

Contact your dentist if you notice:

- The bridge feels loose
- Pain when biting
- Food frequently becomes trapped underneath
- A bad taste or persistent bad breath around the bridge
- Cracks or visible damage

- Gum swelling or bleeding near the bridge

These symptoms do not always mean the bridge must be replaced, but they should be evaluated promptly.

Can a Dental Bridge Be Repaired?

Sometimes, yes.

Minor issues such as loose cement or small adjustments may be repairable.

However, if the supporting teeth develop extensive decay, fractures, or advanced gum disease, replacing the bridge may be the best option.

Your dentist will determine the most appropriate treatment after a clinical examination.

How to Make Your Dental Bridge Last Longer

You can help extend the life of your bridge by:

- Brushing twice a day with fluoride toothpaste
- Cleaning under the bridge daily using floss threaders, super floss, or other cleaning devices recommended by your dentist
- Visiting your dentist regularly
- Avoiding tobacco products
- Wearing a night guard if recommended for teeth grinding
- Avoiding chewing hard objects such as ice or pens

Consistent daily care makes a significant difference.

Is a Dental Bridge Permanent?

A dental bridge is considered a **fixed dental restoration**, meaning it is securely attached and is not removed for daily cleaning like a denture.

However, it is **not permanent**. Over time, normal wear, changes in the supporting teeth, or gum disease may require repair or replacement.

Key Takeaway

A well-made dental bridge can last many years when supported by good oral hygiene, healthy gums, and regular professional dental care. Protecting the supporting teeth is just as important as caring for the bridge itself.

Small daily habits can help keep your restoration functioning comfortably for years to come.

Educational Disclaimer

This article is provided for educational purposes only and is not a substitute for professional dental or medical advice, diagnosis, or treatment. If you have concerns about your dental bridge or notice pain, looseness, or damage, consult a licensed dental professional.

References

- American Dental Association (ADA). *Replacing Missing Teeth*.
- National Institute of Dental and Craniofacial Research (NIDCR). *Tooth Replacement Options*.
- Centers for Disease Control and Prevention (CDC). *Oral Health Basics*.