Looking After Your Dental Implants

Congratulations

on completing your dental implant treatment



Now that you've completed your dental implant treatment, here's how best to keep your implants healthy and maximise their lifespan:

It's important to have your implants regularly checked, monitored and maintained. This helps to keep your implants healthy, and helps to identify any issues that may arise and address them promptly and effectively.

Every 6-12 months: Visit your dentist to check the gum health and bone support around your implant(s). If we're not your regular dentist at No.4, we'd usually ask to see you around 6-12 months after your teeth are fitted.

Every 3 months: Visit your hygienist to maintain healthy gums around the implant(s). This helps to prevent gum disease (peri-implantitis), loss of support and potential loss of your implant(s).

Twice every day: Thoroughly clean your implants at home.
Care instructions are shown overleaf.

It may take a few weeks to get used to your new teeth. During this time, you may bite your cheeks or tongue, and your speech may be affected, but this normally resolves by itself.

If you have any soreness or bleeding from the gum around your implant(s):

- Use a soft toothbrush to clean the implant tooth and gumline, twice a day.
- Gently massage Corsodyl gel or blue-m gel into the gumline 1-2x a day (at least 30 minutes before or after using toothpaste, to prevent inactivating the gel).

If you notice **any of the following** at any stage, please get in touch for an appointment:

- Discomfort or bleeding lasting more than 1 week
- Movement of the implant or implant teeth
- Pus or a bad taste or smell

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Looking after your implants at home

Implants are trickier to clean and more prone to gum disease than natural teeth. You need to spend **extra time and attention** on cleaning your implants to keep them healthy.

Brushing

- Brush the implant tooth twice a day with regular fluoride toothpaste (unless we advise you otherwise).
- An **electric toothbrush** is usually more effective.
- When brushing, pay particular attention to brushing the **gumline** as well as the tooth.
- In addition, using a **specific implant toothbrush** like this from Curaprox is useful to clean any hard-to-reach areas.



Curaprox CS708

Interdental Cleaning

You need to clean between your implant(s) and natural teeth, and underneath any implant bridges, at least once every day.

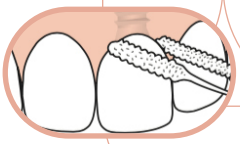
Use one of these three options:

Option 1. Tepe Implant Floss



Thread the floss between teeth/implants or under bridges and pull through.

With the expanded section next to the implant, pull the floss right up to the implant surface (it may look as though it goes some way past the gumline - this is fine).



Applying gentle pressure, pull the floss back and forth a few times so the floss cleans against the implant surface.

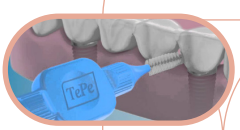
Option 2. Waterpik Water Flosser



Aim the tip at the gumline at around a 90 degree angle.

Work around the gumline of teeth/implants, paying particular attention to getting between the teeth/implants.

Option 3. TePe Interdental Brushes



Insert the brush between teeth/implants at the gumline. The brush should be a snug fit.

Move the brush in and out of the space a few times before moving onto the next space.

Mouthwash and Toothpaste

Your usual fluoride toothpaste is fine for cleaning your implants. Mouthwash isn't normally essential, but good options include Corsodyl Daily or the implant-specific **blue-m mouthwash.**