

Nicole T. Gordon, DMD

HOW DO I TAKE CARE OF MY DENTAL IMPLANTS?

The daily care of dental implants is very similar to the care of natural teeth. Restored dental implants should be kept clean and plaque free twice a day using a brush and floss. Cleaning is especially important after meals. This is accomplished by gently brushing, giving special attention to all sides of the implant.

Oral hygiene aids may include:

- Small, soft, manual toothbrush or an electric brush
- Low-abrasive, tartar-control toothpaste
- Dental floss for cleaning around the abutments

Other supplies that may be recommended by the doctor can include:

- Antimicrobial mouth rinses
- Inter-dental brushes or other aids for removing plaque between the teeth on either side of the implant(s)
- Disclosing tablets to stain the locations of plaque accumulation

You must be committed not only to daily performance of dental hygiene at home, but to regular visits to your dentist. It is recommended that you see your dentist **every 3-6 months** for a professional exam and cleaning, depending on how many implants you have and your periodontal health. All implant(s) should be examined with an x-ray annually.

WHAT CAN HAPPEN IF I DONT TAKE CARE OF MY DENTAL IMPLANTS?

Implants can develop problems without consistent daily care. The earliest sign of a problem begins with the observation of bleeding. This is known as mucositis. The current scientific evidence suggests that this may be successfully treated and is reversible if caught early. Unfortunately if it progresses to bone loss, also known as peri-implantitis, the bone loss is not reversible. If peri-implantitis is not treated it can lead to advanced bone loss and the removal of the implant.

MY DENTAL IMPLANTS

TOOTH: _____ SURGEON & DATE PLACED: _____

BRAND/SIZE/REFERENCE NUMBER: _____

ATLANTIS ABUTMENT: _____ CROWN SEAT DATE: _____

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