

Daily Care of Dental Implants

In order to keep your implant in a healthy state, it is important that you keep the implant clean and free of plaque (a sticky, white film that contains bacteria and coats both the teeth and implants). Plaque forms within a 24-hour period and must be cleaned off on a daily basis. Implants can be affected by periodontal or gum disease caused by plaque, so your part in daily cleaning is extremely important to the long-term health of both your implants and your teeth. After implant placement, you will receive individual instructions and a daily program will be developed that should keep your mouth plaque-free.

1. Brush your implant at least two times a day. Be sure to work the bristles of the brush down underneath the gum tissues at the implant entry site. It is important that both sides of the implant get clean, alongside the cheeks and alongside the tongue. Toothpaste is not a must; the brush itself does the majority of the cleaning. If you like the taste of toothpaste, use fluoridated toothpaste.
2. Apply the fluoride gel you were given at least one time a day. Fluoride reduces the bacterial level in the mouth that might contribute to an infection. Apply the fluoride with a brush, making sure to work it under the gum line.
3. Use dental floss as instructed at least one time a day. We prefer that dental tape or Super Floss be used, as these are slightly larger and clean more area. Be sure to work the floss all the way down to the depth of the crevice between the implants and the gum tissue.
4. If you use a Water Pik, please use it at a low setting. You may be given a solution to use in the Water Pik to help reduce plaque.
5. If you have a removable denture, please sleep with it out of your mouth at night unless told differently by our personnel.
6. Remember that tobacco, diet, and alcohol have an effect on the longevity of the implant and your teeth. Moderation is advisable.
7. An implant should periodically be cleaned and checked in our dental office. Follow the instructions given you about recall visits.
8. If you have any questions regarding implant care, please call the office. One phone call can save undue worry.