



## Care of Your Dental Implant Prosthesis

As you sit and read this letter, you've just had your implant prosthesis inserted and are wondering, I hope, about the procedures that are necessary for the proper maintenance of your new prosthesis. Well, here's the whole story in a nutshell! The home care needed for dental implants is probably more important than that required for your natural teeth. The appliances that we fabricate on top of dental implants are wonders of engineering but unfortunately, can not be designed to be maintenance free. There are many areas around the implants and the prosthesis that needs special attention to make sure that dental plaque does not accumulate. As with your own teeth, **plaque**, a sticky substance that adheres to teeth and is a breeding area for bacteria, must be removed at least every 12 hours to avoid potential periodontal (*peri-implant*) disease. What are the tools needed to combat peri-implant disease and how should they be implemented.

The care of your Implant Prosthesis consists of three steps:

- Educating and training you about proper oral hygiene techniques.
- Removal of calculus (tartar) and plaque on a regularly scheduled basis by our Hygienist,
- Maintaining meticulous oral hygiene between your recall visits.

**Home plaque control** is a critical component of your implant care. The following devices have proved extremely helpful in plaque removal and as tools in the proper maintenance of dental implant/prostheses.

- Soft Toothbrush, End Tuft Brush, Proxy Brush™
- Dental Floss ( i.e. Post Care Dental Implant Floss, SuperFloss™ )
- Rotadent™
- Oral Irrigation Devices ( i.e. Water Pik™)
- Mouthwashes containing essential oils ( i.e. Listerine™ )

Individual Instruction sheets are available for each of the above mentioned cleaning aids. Our Hygienist, is also available to assist you in any way she can. Remember, it's not the tool that counts, but the elbow grease behind it. The proper maintenance of your dental implant prosthesis must be a good blend of proper hygiene technique, appropriate instrumentation and adequate frequency. Our hygienist will suggest a suitable recall schedule for you based upon the complexity of your dental restoration. She will also demonstrate each and every technique so that you can become familiar with the tools that are required for implant care. Then it's up to you. With a little effort, your dental implant prosthesis can provide you with years of comfort, satisfaction and service.

If we can be of any further assistance, please let us know.

Sincerely,

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