

# Caring for your implants

Now that you have had your implant placed it is very important to look after it properly. Good oral hygiene, especially around the implant crown, is required to keep the gum and supporting bone healthy.

## Effective home care and hygiene

Plaque can build up around implants just as much as regular teeth and needs to be removed daily. We recommend brushing twice a day, with a regular soft bristled toothbrush or an electric tooth brush.



Flossing should be performed at least once a day using the correct technique as shown above.



Interdental brushes are also effective at cleaning between and around implants, and under bridges.



Waterpiks and Air-flossers are other effective, gentle tools to keep food and plaque from collecting around the gum line of teeth or implants.

## Regular dental care

For most patients, a visit to the dentist every 12 months is sufficient. However, considering your new implant, we recommend an examination every 6 months to ensure good care is taken of the implant and your remaining teeth. Early detection and management will help prevent the development of serious problems.

If you have clenching or grinding habits, a night guard will greatly help to protect both your natural teeth as well as your new implant-supported teeth. Your dentist may recommend this for you.

**Call us** immediately if you experience any discomfort like bleeding around the gum tissue, gum swelling, a loosened crown or any other uncomfortable event.

**Remember:** Early detection and management will help prevent the development of serious problems with your dental implant.

