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How Do I Take Care of my Implants?

The daily care of dental implants is very similar to the care of natural teeth. Implants should be kept clean by brushing and flossing twice a day to remove plaque and bacteria. Cleaning is especially important after meals. This is accomplished by gently brushing with a soft-bristle toothbrush, giving special attention to tall sides of the implant. Dental flossing is important to clean the interproximal surfaces. Waxed or un-waxed floss can be used.

Oral hygiene aids may include:

- Small, soft, manual toothbrush or an electric toothbrush
- Low-abrasive, tartar-control or gum-health toothpaste
- Dental floss for cleaning around the crowns or bridges
- Floss threaders to assist cleaning under bridges

Implant Home-Care Guidelines:

- Brush a minimum of twice daily with a small, soft toothbrush (electric toothbrushes made by Sonicare or Oral B are recommended).
 - Use a low-abrasive, tartar-control toothpaste
 - Floss all sides of the abutment/implant crown or bridge. Floss threaders will assist in cleaning under bridges. Another effective flossing tool we recommend is a water flosser (i.e. Waterpik) or interproximal brushes. Floss can also be used. A video link is below showing the proper way to use dental floss.
<https://www.colgate.com/en-us/oral-health/cosmetic-dentistry/implants/proper-flossing-technique-demonstration>
- Antimicrobial (Non-Alcohol) mouth rinses. We recommend Listerine or Crest Oral Health.

You must be committed not only to daily performance of dental hygiene at home, but to maintain regular visits to the dentist. Dental exams and cleanings are recommended every 3-6 months. We encourage ALL of our implant patients to schedule annual exams with our office. At this exam, we will check four parameters around the dental implant (s): x-rays to evaluate the bone foundation, periodontal probing to ensure the gums are remaining tight around the implant, bite analysis to make sure there are no high spots and an oral cancer exam.

Many patients are led to believe, once you have dental implants, you will not have any future dental problems. This is FALSE!!! Dental implants can and will develop problems without consistent daily care and professional dental maintenance cleanings. Dental implants can fail if they are neglected. Research has also shown that smoking adversely affects the long-term success of dental implants. We highly recommend that smoking or any tobacco use be avoided. It is imperative that you play a vital part in protecting the investment you made!

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