

# Looking after your Dental Implants



## ***To keep your dental implants healthy and maximise their lifespan:***

- 1** ***Have regular reviews with your implant dentist*** to check the condition of your implants and the surrounding gum and jawbone (the first of these is usually 6-12 months after your teeth are fitted).
- 2** ***Visit the hygienist regularly*** to maintain healthy gums around the implant. If the gums are not kept healthy, the implants may become susceptible to gum disease, leading to loss of support and looseness.
- 3** ***Look after your implants at home*** to keep the surrounding tissues healthy and prevent the implant from coming loose, or the gum receding. Care instructions are shown overleaf.
- 4** ***Look out for any problems***, in particular:  
Discomfort, bleeding, movement, pus or a bad taste/smell.

If you start to notice any of these problems, please contact us to make an appointment.

*Following the initial fit of your crown, bridge or denture, the gums may be a little tender or may bleed. To settle sore gums, gently massage Corsodyl gel into the gum using a soft toothbrush once a day for a week. Do this at least 30 minutes before or after brushing your other teeth, otherwise the toothpaste can inactivate the Corsodyl.*

*If soreness or bleeding persists for more than 1 week, please contact us to make an appointment.*



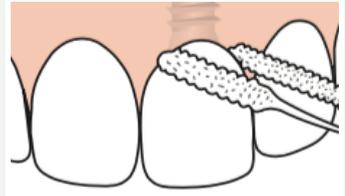


## Looking after your implants at home

- 1 Brush the implant tooth twice a day** with regular fluoride toothpaste (unless we advise you otherwise).
- 2 An electric toothbrush is usually more effective.**
- 3** When brushing, pay particular attention to **the junction between the tooth and gum, and between the implant and gum.**
- 4** It is very important to clean around the gumline of the implant(s) and **between implants/teeth once per day.** You can do this using:

### Tepe Implant Floss

1. Use the stiff threader portion to insert the floss between teeth/implants or under bridges and then pull through.
2. With the expanded section next to the implant, pull the floss right up to the implant surface (it may look as though it goes some way past the gumline - this is fine).
3. Applying gentle pressure, pull the floss back and forth a few times so the expanded section cleans against the implant surface.



### Waterpik Water Flosser

1. Aim the tip at the gumline at around a 90 degree angle.
2. Work around the gumline of teeth/implants, paying particular attention to between the teeth/implants.



### TePe interdental Brushes

1. Insert the brush between teeth/implants at the gumline. The brush should be a snug fit.
2. Move the brush in and out of the space a few times before moving onto the next space.

