



Horbury Dental

care & implant clinic

making you smile for over 75 years

MAINTENANCE, HYGIENE & MONITORING OF YOUR

Dental Implant Retained Denture

CONGRATULATIONS! YOU HAVE NOW COMPLETED YOUR DENTAL IMPLANT TREATMENT. WE TRUST THAT YOU ARE DELIGHTED WITH THE RESULT THAT HAS BEEN ACHIEVED. IT IS IMPORTANT THAT YOU NOW FOLLOW A FEW SIMPLE INSTRUCTIONS ABOUT THE MAINTENANCE, HYGIENE AND MONITORING OF YOUR DENTAL IMPLANTS.

GENERAL:

Once dental implants have osseointegrated (fused to the bone), patients experience very few problems. We will have already discussed how important it is to care for the health of your mouth at all times. You should be aware that maintaining optimal oral health is crucial to the long term success of your dental implants.

HOME CARE:

You will need to maintain high standards of oral hygiene. Tooth cleaning has the primary objective of preventing bacteria from plaque growing down into the crevice between the gum and implant post. This area must be physically cleaned twice daily around every implant.

Any soft/medium toothbrush or small bottle brushes (TePe) may be recommended by the dentist or hygienist. This is used in conjunction with any anti-plaque toothpaste, gel or mouthwash.

Superfloss type materials are excellent for cleaning and polishing the necks of Implants. Regular use of dental floss/tape is also recommended.

Electric toothbrushes or water irrigation devices can also be effective and may be recommended by your dentist or hygienist, who will advise you on their appropriate use.

Remove your teeth and carefully clean over a basin of water - to prevent breakage in case you drop them.

Brush all surfaces to ensure no plaque/food debris remains on any surface. Use an ordinary toothbrush and soap (do not use toothpaste as it is too abrasive).

Rinse the denture thoroughly in cold water and leave it immersed in cold water overnight.

REMEMBER:

Smokers have a very high risk of implant failure. If you choose to smoke, then you risk losing your implants; this is entirely at your own risk and we cannot offer any guarantees or warranties for smokers.

IMPLANT REVIEW APPOINTMENTS:

It is advisable that you attend the practice annually for checking and maintenance of your denture as required. Your mouth will continue to change shape for the rest of your life.

PLEASE NOTE: If you become concerned that something loosens or does not feel right, please contact the surgery as soon as possible to make an appointment. Attachments will need replacing annually to maintain an optimum level of retention. Dentures will require replacement every 8-10 years as they can become worn and your mouth changes shape.

LONG TERM MAINTENANCE:

The health of your gums around the implants in the long term will ultimately depend on your ongoing good general health. Secondly meticulous home care is important as well as regular professional help from a hygienist and your dentist.

It is important that you keep your gums and teeth as clean and healthy as you can. If you have any bleeding of your gums or a bad taste then please do let us know.

PLEASE NOTE: Implants can suffer gum disease very similarly to natural teeth and this is why it is so important you continue to maintain very high levels of hygiene and that you continue to visit the dentist regularly for routine check-ups and X-rays. Please be aware, depending on habits (such as tooth grinding), wear will be seen over a period of time.

If you require any further advice, please e-mail or telephone the Implant Clinic:

✉ willings@horburydentalcare.co.uk

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