

## Caring for Your Implant

Excellent homecare in conjunction with professional maintenance and hygiene is vital to maintain long term implant health. As part of your treatment plan, it was explained that you will need the following long-term professional care:

- Dental Examinations at least 2/year
- Professional Hygienist Cleaning at least 4/year

These visits are important as it will allow us to monitor the health of your implant and the surrounding areas. We use specialised cleaning equipment to ensure that your teeth and implants are properly checked and maintained. Regular checks aim to prevent problems from arising but also serve to allow earlier identification of potential issues, which usually means simpler treatment.

You will have been shown how to clean your implant but can ask your dentist or hygienist for a refresher if you need be.

In addition to the professional checks above, you should perform the relevant homecare routine depending on the treatment that you have had:

### **Crown/ Bridge**

- Brush at least 2/day
- Floss at least 1/day (remember to floss higher than you would do on natural teeth)

### **ALL ON 4**

- Brush at least 2/day
- Use X-Floss to clean around your abutments at least 2/day
- Use a waterpik 1-2/day

### **OVERDENTURE**

- Brush around implants at least 2/day
- DO NOT sleep with your Overdenture in
- DO NOT leave in Milton
- Use liquid soap to clean daily
- Soak in water overnight

By following the advice above, you should enjoy many trouble-free years with your new teeth.