



Implant Care, Cleaning & Maintenance

Proper aftercare of your dental implants is important for maintaining them for a life time without problems. Dental implants require the same care as real teeth, including brushing, flossing and regular dental check-ups.

Implant Oral Hygiene:

Poor oral hygiene is a common reason why some implants fail. **Plaque must be removed with regular brushing and to avoid infection around the implant.** Try using an electric toothbrush twice daily to remove plaque. Depending on the complexity of your dental restoration, you may be asked to use special oral hygiene products such as inter-dental brushes, floss and oral irrigation devices.

Regular Dental Visits:

Your dentist will suggest a suitable visit schedule for you based upon your individual needs, usually on a 3 month basis for the first 1-2 years and every 6-12 months later on. **It is imperative to see your dentist to have your implants cleaned at least once every year.**

Bruxism

Stop habits such as teeth grinding and clenching because they can cause inflammation of the implant area and lead to failure. It can also lead to the denture breaking. A bruxism appliance may be necessary.

Breakage

Denture fractures and tooth breakage are a common problem experienced by many denture wearers. Avoid applying excessive pressure or eating hard foods to prevent breaking the denture and/or irritating the implant area. **Do not Try to Repair or Glue the Denture Yourself**, bring the denture (and pieces) to your denturist. Glueing your denture may result in the inability to repair the denture or a more expensive fix.

Denture Cleaning

You should brush your dentures twice a day using a product made for dentures. There are several options in the denture aisle of your local drug store. If you use a product which soaks the dentures you still have to brush them. Try not to use toothpaste as toothpastes contain abrasives that can scratch your dentures thus encouraging the build up of plaque and calcium. **Do Not Use Bleach** or other household products, other than a mild liquid dish or hand soap.

Storing

Store dentures in a denture cup with a small amount of water. Dentures can become warped if they dry out or are placed in hot water. **Always keep your dentures out of reach of children and pets.** Children love playing with them and dogs love to chew them.



Dentures Need Relining:

Your mouth is in a constant state of change. Gum restoration can start before your teeth are extracted and continues for the rest of your life. Therefore, your denture stays the same size and your gums become smaller. The rate of change is different for everyone as it can depend on a person's quality of health, medications, diet, genetics or existing denture fit. Regular denture check-ups and relines will improve the fit of your existing denture and the health of your gums as your dentist can adjust your denture as your mouth changes.

When Dentures Need Replacing

Denture teeth wear faster than natural teeth. Over time, your "bite" will change as your teeth wear down. Your jaw will "over close" and your chin will appear closer to your nose. This can result in jaw pain and will lead to TMJ problems and the inability to chew your food properly. Regular check-ups will enable your dentist to determine if your teeth need replacing.

Dentures should be replaced every 5-10 years

Dentures may need relines every 2-5 years

Implant Maintenance, Care and Expectations

Implants over dentures are a great solution to the many problems denture wearers face, especially solving loose lower denture problems. Implants allow you to chew more of the foods you love with comfort and confidence. However, there are some things you should know about caring for your implants that will increase your long term success.

1. Implants need to be cleaned by a hygienist annually at the very least. Many patients may need their implants cleaned every 3-6 months.
2. Implants should be checked and x-rayed by a dentist annually.
3. Your implant over denture should be checked by your dentist annually.
4. An implant over denture should be relined every 1-3 years. If they are not it will affect the fit, ability to chew and could cause stress on the implant thus leading to possible failure.
5. Inserts and/or O-rings need to be replaced every 3-6 months.
6. Do not "bite" your implant over denture into place.
7. Due to the increase bite pressure tooth breakage can be more prevalent with implant over dentures.



8. Due to the increase bite pressure and better function, implant over denture may wear faster than a traditional denture without implants. Should be replaced every 3-5 years. This varies from patient to patient, annual check-ups with your denturist will allow her to inspect the condition the denture teeth are in and if you are able to get more longevity out of your denture.

9. Do not bite hard substances with your implants, it may damage them.

10. Brush your implants gently with an electric tooth brush daily and rub them with gauze to remove any plaque or calcium deposits.

11. Do not use any metal instruments to clean your implants yourself.

12. Do not eat Scott's mints or other hard candies. They will wear your teeth very quickly and will torque your implants if you chew them.

13. Need to inform your denturist or dentist if you clench or grind (bruxism) your teeth. Will need a night guard or a splint to protect the teeth and implants.