

Check-Up Appointments: Why do you need them?

These appointments with your dental professional are very important so that your dentist can see that:

- You are keeping your implants and dentures clean
- Your gums and bone remain healthy
- Your dentures are fitting properly

See your dentist every 6 months or even more often, depending on your individual needs.

Remember... The long-term success of your implants and dentures requires:

- Careful daily oral hygiene
- A lifetime commitment to maintenance
- Your cooperation

How To Take Care Of Your Implants and Overdentures



Congratulations!

You have just received implant supported overdentures. Soon you will wonder how you ever lived without them.

Now, the long-term health and success of your implants depends on you and your ability to keep them clean.

If food or germs accumulate around your implants and dentures:

- Your gums will get red, swollen or tender. This may cause you to lose bone around your implants and, over time, lose one or both of your implants.
- Food debris will also cause bad breath.



Food and germs surrounding both implants

4. Soaking your dentures

Not only is it important to care for your gums, it is equally important for you to clean your dentures.

Regularly check the inside and outside of your denture to be sure that it is clean.

If it is not clean, use a soft toothbrush to gently scrub off the debris. A denture toothbrush is too hard.



Dirty lower denture



Clean lower denture

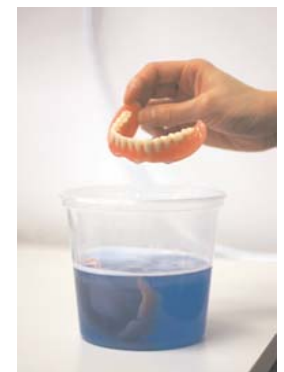
Brush your dentures over a sink or a bowl filled with luke-warm water. This will prevent the denture from breaking if it falls.



Brush with soft, regular toothbrush daily

Daily soaking with denture tablets (e.g. Efferdent, Polident, Novadent) eliminates odours and cleans the denture.

Remove your dentures every night to let your gums rest. If you must wear them to bed, take them off during the day for as many hours as possible.



2. Flossing / Wiping



Flossing with thick floss

■ There are a variety of flosses available: thick, thin, flavoured, or waxed. Ask your dental professional which floss is best for you.

■ Thick flosses are designed to reach areas that the toothbrush cannot clean.



Wiping with cotton gauze

■ Some brand names are Super floss, PostCare, G-Floss, Perio-Floss and Proxi-Floss.

■ If you prefer, a cotton swab, cotton rolls or cotton gauze may also be used.

So how can you keep your implants and dentures clean?

Just follow these 4 simple steps!

1. Brush 2. Floss / Wipe



3. Rinse

4. Soak



3. Mouth rinses



■ Mouth rinses (e.g. Listerine, Oral-B, Rembrandt, Crest Pro-Health Rinse, Betacell) can be used twice daily. Ask your dental professional which you should use.

■ The rinse is in addition to the brushing and flossing, not a replacement. It helps to freshen your breath and remove food and germs in areas that cannot be reached with a toothbrush or floss.

It's easy !

1. Brushing

- You should try to clean your implants after every meal, or at least once in the morning and once at night.
- The longer food debris collects on your implants, the harder it will be to clean.



Dirty implants



Well-maintained implants in a 75-year-old man



Cleaning with an end-tufted and interdental toothbrush

- Small, soft toothbrushes are recommended since they will be gentler on your gums and won't scratch the implants.
- Interdental brushes, child-sized or end-tufted toothbrushes are also useful. Ask your dental professional which brushes are best for you.



Brushing the side of the implant

- Hold the brush at an angle, making small back and forth motions.
- Be sure to clean all surfaces of the implant (inside, outside, left and right side), the ball attachment, and the tissues around the implant.

- A powered toothbrush can be helpful if manual brushing is difficult.
- Take your time. Hold it in one place for a few seconds before moving it to another.



Cleaning with an Oral-B powered toothbrush

- Toothpaste is not necessary since it may scratch the implants.
- Although there are many types of powered toothbrushes available, battery-powered ones are less expensive and will do the job just fine!



- Don't forget to brush your tongue, the rest of your gums and the roof of your mouth – this will help to keep your breath fresh.

