

Implants for life

Daily care for single tooth
or fixed prosthesis



Dentsply
Sirona

GENERAL INFORMATION

Receiving implant teeth brings back the esthetics and function you once experienced with your natural teeth. Just as well as natural teeth, implants require regular maintenance care to ensure a healthy tissue environment.

Your toothbrush is the key to a confident and bright dental future. Brush your implant teeth as you would brush your natural teeth, above and below the gumline, using a soft toothbrush.

When using toothpaste, a small amount of low-abrasive toothpaste used with the brush is recommended.

The implant teeth must be thoroughly cleaned daily if they are to be a long-term success. It is therefore a good idea to follow a routine each time you brush your mouth, to ensure that all surfaces are cleaned.

SINGLE TOOTH

Important areas to clean

- Your implant-supported tooth, above and below the gumline
- In between your neighboring teeth



1. Toothbrush



2. End-tufted brush
(interspace brush)



3. Interdental brush
(inter proximal brush)



4. Floss

STEP-BY-STEP GUIDE

1. Toothbrush

It may be necessary to modify the brush for the inner side of the teeth and hard-to-reach areas. A power brush can be a good alternative and an easy-to-handle complement. If you have a bridge, make sure to clean under the bridge.

2. End-tufted brush (interspace brush)

A soft end-tufted brush (interspace brush) is suitable for hard-to-reach areas around your implant-supported tooth or the lingual surfaces (inner side of teeth) and around the implant posts facial side (outer side) of your implant-supported teeth.

3. Interdental brush (inter proximal brush)

The use of an interdental brush helps in cleaning the sides of the implant-supported tooth, crown, abutment posts and the surface under the bridge. Use the brush with a back-and-forth stroke, gently pressing it against the side of the implant-supported tooth or abutment posts. The brush should not be too small, decreasing the cleaning effect, or too big, causing discomfort when brushing. A plastic-coated threading is recommended. Ask your dentist or dental hygienist for advice on the technique, size and shape for your interdental brush. NOTE. Never use toothpaste in combination with the interdental brush.

4. Floss

In narrow areas, where the interdental brush is hard to use, floss is recommended. Clean the sides of your implant-supported tooth and abutment posts by passing floss (thick floss) back and forth between the implant tooth and the neighboring teeth, or through the space next to the abutment posts. Clean the bridge adjacent to the gumline using a sideways stroke.

FIXED PROSTHESIS

Important areas to clean

- Abutment posts (the metal posts attaching the prosthesis to your jaw) above and below the gumline
- Underneath the bridge



1. Toothbrush



2. End-tufted brush
(interspace brush)



3. Interdental brush
(inter proximal brush)



4. Floss



FOLLOW-UP VISITS

Your new teeth need the same care as natural teeth including regular check-ups by a dental professional.

At those visits, you and your dentist and/or dental hygienist will discuss the necessary hygiene maintenance procedures.

Your dentist and/or dental hygienist will suggest the appropriate interval for future examination and maintenance visits.

Personal notes/next visit:

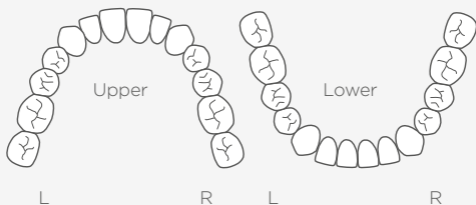
Your dentist:

Address:

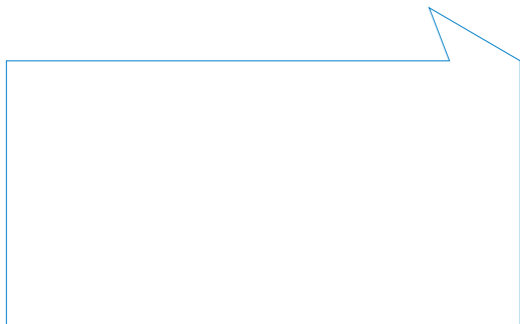
Phone:

Placement of your implants

X = implant placement



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Read more about dental implants at
www.implantsforlife.com

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