



Diplomate of The American Board of Periodontology

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IMPLANT CARE

The success of your implant depends on good oral hygiene, which you are responsible for in cooperation with your dentist.

Maintaining your implants is extremely important. During the first year after your implant surgery we recommend that a maintenance program of professional cleanings be established every 3 months, alternating with our office and your general dentist.

The following recommendations are for daily cleaning of your implant(s).

1. Use a soft nylon toothbrush, end tuft or sulcabrush with tarter control toothpaste to properly cleanse the mouth and around the implant(s).
2. Floss around each implant as you would with your normal teeth. The use of an interdental brush can also be used to clean in between spaces.
3. Rinse or brush your mouth daily with Listerine or Peridex (chlorhexidine) twice daily to help remove trapped debris and toxins that may settle on or below the gum tissue. If instructed by the doctor, you may also swab around the implant(s) with peridex immediately following implant surgery. By rinsing, brushing and swabbing these toxins away, you will reduce inflammation around the implant.
4. Monitor yourself at home. Be aware of what healthy tissue looks like. Examine your mouth on a regular basis to detect early signs of inflammation. Contact your dentist if you see a persistent problem.

These are a few suggestions to help you achieve your goal of successful implant(s). Please feel free to contact our office if you have any problems or questions with your implants.

IT IS IMPORTANT THAT YOU HAVE AN ANNUAL APPOINTMENT WITH OUR OFFICE TO CHECK YOUR IMPLANT(S) AND THAT YOU MAINTAIN YOUR REGULAR CHECK-UPS WITH YOUR DENTIST.