



Looking after your implants – what you can do to protect your investment

First and foremost, being realistic and understanding that nothing in life is eternal, is paramount. That applies to implants as well. We would like your implants and implant prosthetics to last you a very long time and hope they outlast you, but there are certain guidelines you will need to adhere to and follow strictly. Periodontal disease doesn't discriminate; it doesn't care whether your teeth are natural, or titanium based. If allowed to progress unchecked, it will leave you with nothing to smile about!

1. Use of a mechanical toothbrush. We recommend the Braun Oral B series, with brushing a minimum of two times per day. We recommend changing the brush heads every TWO months, so that the brushing is always effective.
2. Use of a Waterpik at night with the RUBBER tip attachment, always PRIOR to brushing
3. Use of GUM Softpicks Advanced (during the day) after meals
4. Use of an Oral Rinse (prescription rinse if indicated by your dentist)
5. Use of an oral guard at night (as determined by your dentist) – can range from a totally soft / Hard – Soft / Ultra Flex / TMD Splints (Nite Bite or Bite Soft). This is not optional; And once fabricated MUST be worn. Sitting on the nightstand or in its storage container is not acceptable, and breakage or implant failure will come at an extreme cost to you.
6. 3, 4 or 6 months recall schedule as determined by your dentist
7. Yearly x-rays (whether or not it is covered by your insurance)
8. If anything, EVER feels loose or not right, you must call the office immediately to be seen, so it may be addressed.
9. Single unit implant crowns, even if they are screw-retained, can de-bond (become un-cemented). Screw retained crowns are crowns that are cemented to the abutment (tooth form above the gum) OUTSIDE the mouth, while cemented crowns are cemented to the abutments INSIDE the mouth.
10. Full mouth hybrid cases (all on 4 /5 /6) – if the temporary filling comes out of the access hole, please call to be seen as soon as possible to have it replaced.
11. Please follow dietary / incising / chewing restrictions as outlined by your dentist. Please understand the teeth -- crowns are ceramic, porcelain (glass) and the

hybrid cases are acrylic (plastic) or Zirconia, and they can fracture and / or break off, if stressed beyond their threshold, resulting in additional expense, unhappiness, multiple appointments, patient inconvenience, aggravation and frustration. So best to comply!

12. If you have any questions or concerns, please always ask at your appointment or call / email and ask your Doctor. He or she will be happy to answer your questions.