

### *Caring for Implants*

The success of your implants depends on your personal oral hygiene practices and regular dental visits. It is therefore essential that a schedule for regular check-ups of the implant(s) be maintained.

**The maintenance involves:**

- a) Checking the implants at 3 months after uncover, 6 months later, and at yearly intervals thereafter.
- b) Checking the implants and superstructure immediately after the superstructure has been placed. Transitional loading means that this may be some time after the uncover.

It is also extremely important to follow a daily program of oral hygiene at home. While cleaning should be done as often as possible, the most important times are after breakfast in the morning and after your last meal in the evening. The following recommendations for cleaning around your implant abutments should be followed twice daily:

1. Use a soft nylon bristle toothbrush, such as Oral-B, Butler, Reach or Colgate Plus. An electric toothbrush such as a Pembrush is ideal for implant care.
2. Brush with anti-plaque toothpaste.
3. Floss around each implant abutment at least twice a day with regular dental floss, Super Floss from Oral B, nylon yarn or with a long strip of cotton gauze.
4. Rinse once a day for at least 30 seconds with Savacol or other anti-plaque mouthwash.
5. If you have an electric toothbrush, use it to clean the implant abutments then apply Savacol.
6. It is advisable to occasionally check the implants for bacterial film by using a plaque disclosing solution. Chewing one tablet will turn your saliva red, which you should then wash around in your mouth. After about one minute, discharge the saliva and rinse your mouth with water. The bacterial film will have absorbed the colour, making it easier to find and remove.
7. Monitor yourself at home in order to detect early signs of inflammation, and please contact your Dentist if any problems arise.

*Please feel free to contact your Dentist at any stage if you have questions.*