

The Long Term Care of your Implant:

Initial care:

Follow the advice given in your post-operative instructions.

For the first week avoid the surgical area and use the Chlorhexidine Mouthwash, as directed by your Dentist.

After one week you can begin to very gently brush around the healing cap of the implant, if visible with a single tufted brush.

If the teeth and gums near to the surgical site are still tender it would be advisable to use a soft bristled toothbrush.

It is important to remove plaque from your implant.

We are aware of the importance of plaque removal to prevent gum disease around our natural teeth. It is even more important to remove the plaque from an implant to protect the bone support that holds the implant in place.

Gum disease affects implants. There are two classifications of gum disease around an implant:

- Peri-mucositis: inflammation of the gum. If untreated this leads to Peri-implantitis.
- Peri-implantitis: inflammation of the gum and bone loss. If untreated this results in implant failure.

Compared to a natural tooth the gum fibres are different around an implant. They are more susceptible to change. Change can occur rapidly – if you are between appointments and you feel something is wrong, please call the surgery for an urgent review appointment.

How can I keep my implant healthy?

Daily thorough plaque removal from every surface of every tooth and implant.

Follow the guidance given to you by your Dentist or Hygienist on how you can achieve this.

Once the final crown/bridge/denture has been fitted to your implant we will guide you through how to care for the structure long-term. This individual advice for implant care is specific to you and your mouth.

Care for the rest of your mouth is just as important – plaque bacteria accumulation anywhere in the mouth can affect your mouth and general health. You are aiming for a plaque score of less than 15%. Pay particular attention to the removal of plaque at the margins (where the implant or tooth enters the gum).

Do you notice bleeding from your gum when you are removing plaque? This is a sign that you are removing the plaque from the part of your mouth affected by gum disease and you are working to make it healthier. If the gum is inflamed it does bleed on brushing – most commonly between teeth. Do not avoid any areas that bleed on brushing, using interdental brushes or floss.

Attend recommended appointments with your Dentist and Hygienist, so the health of your implant can be monitored closely.

If you are unsure of any advice given, please ask us.