

Dental Implant Homecare Instructions

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Daily meticulous homecare is key to the long-term success of dental implants. Although dental implants cannot decay like natural teeth, periodontal disease can affect implants just like natural teeth. It can destroy gum tissue and supporting bone eventually leading to loss of the implant. Please follow the instructions below to maximize the chances of success for your dental implant prosthesis.

Dental Implant Care Instructions:

- ❖ Brush 2-3 times daily and floss at least once per day.
- ❖ Due to the shape of the dental implant and crown placed on top, there is a **greater chance for food impaction** around it than around your natural teeth. Make sure to wrap the floss as far around the implant tooth in all directions as possible. Make this part of your daily routine to maintain healthy gum tissue.
- ❖ If your dental implants are part of a bridge, make sure to floss underneath the bridge, as well as along the sides. “Floss threaders” can be used to assist with the task.
- ❖ A Waterpik or similar irrigation device can be used *in addition* to brushing and flossing to clean the areas around your dental implant. Interproximal brushes, or “Proxy Brushes” can also be used to clean hard to reach areas.
- ❖ Toothpaste: most toothpaste contains fluoride and will not damage your implant. Avoid toothpaste with excessively abrasive particles, such as baking soda, which can remove the glaze on the porcelain crown.
- ❖ Maintain your regular dental hygiene schedule, usually every 3-6 months.

Please contact our office if you experience any issues with your dental implant, crown, or gums. We are committed to providing the highest quality of care for all your dental needs.