DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Dental Implant Long-Term Care

After healing, dental implants and implant-supported teeth require lifelong home care and professional maintenance. Plaque can inflame the tissues around implants just as it can around natural teeth.

BRUSH TWICE DAILY	CLEAN BETWEEN	KEEP RECALL VISITS
Keep plaque away from the implant and restoration.	Use the tools recommended for your implant design.	Implants need ongoing professional monitoring.

Home Care Every Day

- Brush at least twice a day with a soft toothbrush and the toothpaste recommended by your dental team.
- Clean around and between implant restorations every day. Depending on the design, this may include floss, implant floss/threaders, interdental brushes, or a water flosser.
- For bridges or full-arch implant restorations, clean underneath the prosthesis as demonstrated.
- If you use a removable implant-supported denture, clean both the denture and the attachment areas carefully.

Protect the Implant & Restoration

- Avoid chewing ice or using implant-supported teeth to crack very hard objects.
- If you grind or clench, wear a protective occlusal appliance when prescribed.
- Do not smoke or use tobacco; tobacco can increase oral health risks and interfere with implant health.

1545 Saint Marks Plaza, Suite 1, Stockton, CA 95207 | **(209) 957-1244** | **www.dignitydentalpractice.com**

DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Keeping Your Dental Implants Healthy

Professional Maintenance

- Keep lifelong recall visits. Your recommended interval depends on your gum history, implant design, medical factors, hygiene ability, and individual risk.
- Professional visits allow us to check the gums around the implant, plaque and calculus, bite, screws/components, and the restoration itself.
- X-rays may be taken when appropriate to compare bone levels and evaluate the implant and restoration.

Warning Signs to Report

- Bleeding, swelling, redness, tenderness, pus, or a bad taste around an implant.
- A crown, bridge, denture, or implant component that feels loose or moves.
- A change in your bite, new pain when chewing, or a clicking sensation from the restoration.
- Difficulty cleaning an area that you previously could keep clean.

Healthy implants need healthy tissues. Early inflammation around an implant can be easier to manage when it is identified promptly. Do not wait for significant pain - implant problems can sometimes progress with limited symptoms.

Questions or concerns?
Call Dignity Dental Practice at (209) 957-1244.

Patient education based on ADA/MouthHealthy implant guidance and American College of Prosthodontists implant maintenance recommendations.

1545 Saint Marks Plaza, Suite 1, Stockton, CA 95207 | **(209) 957-1244** | **www.dignitydentalpractice.com**