

Aftercare for a Dental Implant Crown

Home Care

Implants with the longest history of comfort and function are those that reside in healthy, clean mouths. Your own implants should be maintained in a healthy condition by a combination of excellent oral hygiene practice at home and regular visits to the dental hygienist (at least every 3-4 months). During the early years you will be asked to come back annually to check the implants possibly by means of x-ray.

Objective

Tooth cleaning has the primary objective of preventing bacteria from plaque growing down into the crevice between the gum and the implant post. This area must be physically cleaned at least twice a day around every implant.

Timing

As a minimum teeth and implants should be thoroughly cleaned during 2 minutes on waking to remove the abundant plaque that accumulates at night and 2 minutes last thing at night before retiring.

Materials

Your dentist/hygienist may recommend any soft/medium toothbrush, angulated brushes or bottle brushes as appropriate to help with dental hygiene.

Toothpaste

Any anti-plaque toothpaste or gel, preferably not powder.

Flossing

“Superfloss” type materials are excellent for polishing the necks of implants. Regular dental floss/tape may also be recommended. Floss threaders can be helpful in reaching otherwise difficult to clean areas.

Electric brushes

Electric toothbrushes can be effective and may be recommended by your dentist/hygienist who will advise you on its appropriate use and efficacy.

Irrigation

Manual or electric irrigation systems can be used with Chlorhexidine or saline solution as advised by your dentist.

Mouthwashes

Mouthwashes/gels should be used only as directed and should preferably be Chlorhexidine based if needed.

Problems

Contact your practice promptly if any teeth or implant-supported structures become loose or if you notice pain, bleeding, a bad taste or alteration in the way the teeth bite together. A prompt diagnosis/check will help to prevent any problems.