



Implant Maintenance



The long term prognosis of your new beautiful implant reconstruction is heavily influenced by the self-performed cleaning regime. Daily optimal cleaning of the implant fixtures using the following protocol will maximise the soft tissue health and dramatically reduce the risk of implant-related infections.



Chlorofluor Gel

Apply Chlorofluor Gel to the gums, implant and sutures three times a day for a period of two weeks following implant surgery. Chlorofluor Gel is an excellent antibacterial product to use on a daily basis if you have had a full mouth reconstruction with dental implants.

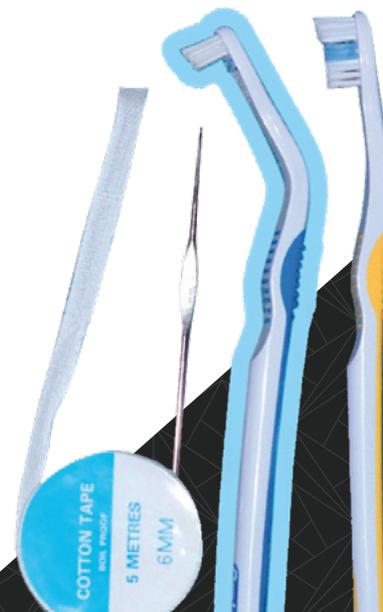


Brushing

Brush with an electric toothbrush using a normal or 'power tip'. Concentrate on the undersurface and around the implant heads. Specialised Oral B brush heads are effective for cleaning the gum region.

The most crucial place to clean is 3mm below the gum surrounding the implant fixtures.

Modifying a conventional toothbrush may also improve the cleaning of implants in hard-to-reach locations.



Super Floss

Flossing with 'Super Floss' is an effective method of cleaning around the entire implant fixture. This method of cleaning may take several weeks to master correctly. The use of a Super Floss 'threader' will assist the cleaning technique.



How to Floss:

Take out your dental floss threader! Remove approximately 45cm of your normal floss. Pass one end of the floss through the loop of the threader, and pull about half of it through. Now you are ready to start threading!

Stand close to a mirror so you can see the area you want to floss. Let's assume it is an upper tooth, about halfway back. If you just aim the threader tip straight between the teeth, it is likely to get stuck halfway through!



Water Pik

Dental implants may often be difficult to clean due to their lack of accessibility. A high pressure water jet is often effective to remove large deposits of bacteria and plaque. A video instruction is shown here:

<https://www.youtube.com/watch?v=N3vqMINKtWQ>

Instead of using the Water Pik over the sink, consider using it in the shower. Add a cap full of Savacol mouthwash to the water unit for additional antibacterial effectiveness from the irrigation.

There are specialised heads to more effectively clean implants.

A Water Pik is not a substitute for mechanical brushing. Please do not forget to brush around the implant fixtures!



The trick is to angle the threader tip correctly

Hold the threader close to the teeth, as if you were about to thread it through, lift the rear of the threader up, so that you are “aiming” slightly downwards towards your tongue.

Gently slide the tip of the threader under the bridge, between two of the “teeth”. Keep aiming down towards your tongue. Now wriggle the threader gently as it slides through the tiny space. When it seems to slip through, you can gently “feel” with your tongue to see if it has appeared on the inner side of the teeth. If it has, reach in with your finger and thumb and slowly pull the threader all the way through. It will pull

the floss with it. Keep one end of the floss on the outside of your teeth with one hand! Now you have the floss threaded under the bridge. Take the end of the floss out of the threader loop, and use the floss as normal to clean under the gum next to the tooth. Slowly pull the floss directly backwards (or forwards, depending on where you started!) to clean under the bridge tooth.

For fixed bridges in the LOWER jaw, you need to aim the opposite way - upwards! Pull down your lower lip next to the area you want to floss, and aim the floss threader

TePe Implant Care

The use of TePe brushes (or alternative interdental brushes such as Piksters) is paramount in the maintenance of dental implants. It is often an alternative to Super Floss due to its easy use.

They are effective in cleaning the area under the gum around implant fixtures. It is important to use the correct size. Aim to use the biggest size that can fit under your prosthesis. They are reusable!

For more information on how to use the items visit

<http://www.tepe.com/products/interdental-brushes/>
<http://www.tepe.com/tips-advice/implant-care/>



Savacol Mouthwash

Savacol is one of the most effective antibacterial mouthrinses on the market today. Its active ingredient, Chlorhexidine, works by reducing bacterial numbers and plaque formation. It also reduces bad breath, gingivitis & promotes healing after surgery or ulceration. Chlorhexidine is the ingredient most commonly recommended after surgery.

Dilute Savacol mouthwash with 1:1 parts water. Use the lid of the mouthwash container as a cup. Hold in mouth for a minimum of two minutes. Spit out mouthwash, do not swallow, and do not rinse with water afterwards for a minimum of thirty minutes.

Clinical images representing Cleaning protocols



The join between the prosthesis and the implant fixture needs to be meticulously cleaned to prevent premature bone loss and failure of the dental reconstruction



Tepe brushes come in different sizes. Use the largest size which fits between the gum and the prosthesis. Clean the under surface of the prosthesis effectively especially around the abutments which connect to the implants in the bone.



Specialised implant tooth brushes can effectively gain access to areas under the prosthesis.

The Waterpik is effective at cleaning. Mechanical debridement with a bristled tooth brush is still required.



Super floss can be tricky to use initially however is still an effective tool to clean the implant fixture and prosthesis abutments. The implant to abutment connection area is the most crucial area to clean



● *Plaque deposits around dental implants supporting a fixed implant bridge*

Prolonged inadequate cleaning results in tissue and bone loss around the implant, exposing the implant threads



● *Adequately cleaning the joint between the implant and the bridge will prevent further tissue loss and premature implant failure*

Lower fixed implant bridge



● *The most crucial area to clean is underneath the fixed implant bridge. A modified toothbrush can be used.*

Brushing all surfaces of the fixed implant bridge



Cleaning underneath the fixed implant bridge using a modified shoelace

Because Quality Of Life Matters

The most important thing you wear is your smile. Replacing missing teeth or existing teeth which are severely broken down will have an incomparable benefit to your psychological health and your overall quality of life. You will achieve a significant positive impact on your life. Patients who proceed with implant-supported rehabilitation extend their gratitude to the Aria Dental team! We hope this provides you with the encouragement to consider dental rehabilitation to break unwanted barriers to the dental care you deserve to get your life back.



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