

Dental Implant Aftercare Checklist.

Implants for a lifetime with proper home care.

- Dental implants require the same regular check-ups, preventive visits and oral hygiene as natural teeth.
- Use a soft toothbrush (change regularly) or an electric toothbrush.
- Brush your teeth on the inside, outside, and on top where you chew.
- Use low-abrasive toothpaste and avoid products with baking soda, stain remover, or smoker's toothpaste.
- Ask your dentist about special implant cleaning techniques.
- Use the aids recommended by your dentist such as interdental brushes or oral irrigation devices for cleaning the space between teeth.
- Avoid applying excessive pressure when brushing your restoration and the implant area.
- Take preventive measures against habits such as teeth grinding and clenching.

IMPORTANT:

Always follow the individual oral care plan which has been given to you by your dentist.