

CLARK, DELANEY & NGUYEN

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INSTRUCTIONS FOLLOWING IMPLANT CROWN PLACEMENT

Congratulations! You have chosen to make an investment in your smile. Please read the information and recommendations provided so that you may enjoy your new smile for years to come.

Although implants have a very high success rate there are no guarantees or assurances as to the predictability and longevity of the implant or implant crown. Failures can occur despite proper execution and placement of the implant and crown. There are however, several things we can control as patients to avoid preventable failures.

Poor oral hygiene is the most prevalent cause of implant failures. Although an implant can't decay it can still develop gum disease. The dental anatomy of the gums around an implant are different than a natural tooth and require meticulous care.

1. Brush twice a day for two minutes with a recommended electric toothbrush. Floss under your implant crown and around your implant at least once a day. Wrap the floss around each implant crown and move it up and down to loosen and remove food and bacteria. Make sure the floss is getting down as low under the gingiva as possible without causing any trauma to them.
2. We highly recommend using Waterpiks daily as they are extremely helpful to flush the "hard to reach" areas under your implants.
3. You may use Listerine or other recommended rinse as a daily mouth rinse.
4. If the bite on the implant feels too high after its placement, give the office a call so the dentist can adjust it to the appropriate occlusion.
5. Clenching and grinding exerts pressure that can be generated across the teeth and unlike normal teeth which have some "give" under normal chewing function, implants are fused to your jaw bone. This is important to consider if you are aware of or have been told that you clench or grind your teeth. Clenching and grinding when you have an implant may cause damage to your opposing teeth. It may benefit you to have an occlusal guard (night guard) made to protect your teeth from cracks, fractures, and excessive wear.
6. You should have a dental cleaning at least every 6 months and follow-up radiographs of the implant in a year and at least every 3 years afterwards to evaluate the bone and stability of the implant.
7. If the implant begins to feel loose, set an appointment with the dentist as soon as possible to evaluate the implant. In some instances implant parts can loosen or break and may need to be replaced in the future.