

## How to Care For Your Implants and Overdentures

Keeping your implants and overdenture clean is an integral part of their long-term health and success. If food or germs accumulate around your implants and dentures your gums will get red, swollen and tender. Over time, this may cause you to lose bone around your implants, which can lead to implant failure. How can you keep your implants and dentures clean? Follow these 4 simple steps:

### 1) Brush



### 2) Floss/wipe



### 3) Rinse



### 4) Soak



## Brushing

- You should try to clean your implants after every meal, or at least once in the morning and once at night. Don't forget to brush your tongue, the rest of your gums and the roof of your mouth – this will help to keep your breath fresh.
- Small, soft toothbrushes (child-sized or interdental brushes) are recommended since they will be gentler on your gums and won't scratch the implants. A powered toothbrush can be helpful if manual brushing is difficult.
- Hold the brush at an angle, making small back and forth motions. Be sure to clean all surfaces of the implant. Food debris stuck inside the attachment may prevent the denture from fitting properly.
- Toothpaste is not necessary since it may scratch the implants.

## Flossing/Wiping

- Flossing helps clean areas on the implants that a toothbrush cannot clean
- If you prefer, a cotton swab, cotton rolls or cotton gauze may also be used to wipe the implant

## Mouth Rinses

- Mouth rinses (Listerine, Crest Pro-Health Rinse) can be used twice daily.
- The rinse is in addition to flossing, not a replacement. It helps to freshen your breath and remove food and germs in areas that cannot be reached with a toothbrush or floss.

## Soaking Your Dentures

- Not only is it important to care for your gums, it is equally important to clean your dentures! Regularly check the inside and outside of your denture to be sure that it is clean. If it is not clean, use a soft toothbrush to gently scrub off the debris. A denture toothbrush is too hard.
- Brush your dentures over a sink or a bowl filled with warm water. This will prevent the denture from breaking if it falls.
- Daily soaking with denture tablets (Efferdent, Polident) eliminates odors and cleans the denture.
- Remove your dentures every night to let your gums rest. If you must wear them to bed, take them off during the day for as many hours as possible.



## Check-Up Appointments

It is important to maintain regular 6-month hygiene appointments with our office so we can ensure that you are keeping your implants and dentures clean, that your gums and bone are healthy and that your dentures are fitting properly.