

Implant Home Care Instructions

Thank you for trusting Johnston Dental care for your implant restoration. Proper home care and professional maintenance is crucial to the success of your implant and implant restoration. Failure to adhere to proper care instructions for your implants may lead to peri-implantitis (bone loss around implants) and even loss of the implant. We have provided you with a Home Care kit of items to help maintain the health of your new implant, as well as the following care instructions:

1. We recommend that a patient with implants maintain 3 to 4 month recall cleaning appointments with their hygienist, as well as yearly radiographs and clinical exams with your dentist to diagnose and treat disease early.
2. Clean and perform regular visual checks on attachments for retention and/or final restoration. This includes: crowns, bridges O-rings, locator caps, etc.
3. Patients should evaluate how your bite feels on the implant and opposing teeth. We will check this and evaluate yearly at your annual dental exam.
4. Use only low abrasive toothpaste or gel. Avoid toothpaste with baking soda. *Colgate total is recommended.*
5. A soft toothbrush should be used (either a manual or electric), and use around the implant twice a day.
6. Nylon only interproximal brushes with NO METAL (to prevent scratching of the implant) can be used.
7. Use of a non-alcohol antimicrobial rinse. *Listerine Antiseptic is recommended.*
8. Use un-waxed floss around the implants.
 - A. Insert floss into contacts on both sides of the implant, wrap in a circle, then crisscross in front. Switch hands and use in a shoe shine motion along the implant, at and below the gumline.
 - B. Implants connected with a bar will require the use of a threader or floss that has a built-in threader, *such as super floss.*
9. Water Pik Water flosser with the standard tip is recommended. The Water Pik has been proven to removed debris and biofilm from implants better than floss alone.
 - A. *The Water Pik does NOT replace flossing. Flossing is recommended daily*
 - B. It can also deliver an anti-microbial rinse directly to specific areas. Use the rinse with a 1:10 dilution daily IF AND WHERE recommended by your dentist or dental hygienist.
10. Use of rubber tip stimulators to achieve the necessary healthy tissue around the implant/restoration.
 - A. Place tip of rubber-tip so it lays flat against the tissue, not poking the tissue. The tissue will blanch or change color to a lighter color when the correct pressure is applied.
 - B. If inflammation is present, use an antimicrobial mouth rinse locally with the use of a rubber tip.

Please call or visit our office to schedule an appointment immediately if you experience any of the following symptoms: inflammation that persists for longer than 2 weeks, sudden or persistent pain associated with the implant, implant begins to feel loose or mobile, loss of or damage to the final restoration.