

Warpeha Prosthodontic Dental Clinic

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Tips for a Clean Mouth and Appliances by Hygienist Michelle A.

Cleaning Your Dental Implant

In order to keep the gum tissues healthy and prevent bone loss around the implant, it is essential that the implant be kept clean. Toothbrush and technique will vary depending on which type of abutment is present in your mouth. Do not use metal tools to clean around your implants because they may scratch the surface and create grooves, which trap debris.

Fixed Implant Bridge (non-removable bridge anchored to the dental implants)

- Because the implant is quite difficult to keep clean, the use of an electric toothbrush is highly recommended. Our choices are the Rotadent or the Sonicare toothbrush.
- It is important to clean the entire surface of the bridge and implants. The denture teeth and plastic gums as well as the implants and gum tissue supporting them should be thoroughly brushed.
- It is imperative to use floss (preferably tufted) to clear any plaque and food debris from under the bridge. This will help with overall tissue and bone health, and also with mouth odor.

Single Implant with a Crown

- Follow standard tooth brushing procedures.

Single Implant with a Snap Abutment (fits/snaps into the denture)

- Use of an end-tuft brush is usually recommended for this type of implant.
- Gently massage the gum tissue around the entire abutment as well as the hole on top. Any debris left in the hole will inhibit the denture from properly snapping into place.