



### Maintenance Instructions

Your journey is now complete with your beautiful and healthy smile! We strongly encourage our patients to follow a six-month ongoing maintenance program, which includes regular professional cleanings of your new teeth at your dental office. It is important that you are seen a minimum of two times per year. If your dentist recommends a more frequent recall program, then follow that frequency. Failure to adhere to an adequate recall program is a recipe for implant failure. Regular recall visits will allow your dentist to monitor your full mouth dental implants and overall oral health. The implant prosthesis doesn't need to be removed at every cleaning. We do recommend removing the prosthesis at the first 6 month recall to ensure you are doing a good job cleaning the tissue and helping to make recommendations for future care thereafter. If at the 6-month recall, tissue shows inflammation/plaque and debris accumulation, regular removal at least once a year should be performed. Most patients do require their prosthesis to be removed for cleaning at least once a year. Please expect that there will be routine cleaning and maintenance fees associated with these appointments. Whenever the prosthetic is removed, it should be replaced with brand new prosthetic screws. These are the mini-screws that we use to screw the prosthetic down; there will be a fee associated with the cost of screw replacement. X-rays of the implants should be taken at least once every 1-2 years (sometimes more frequently if indicated). Ongoing costs associated with maintenance are expected as part of this investment (just like oil changes for your car or filter changes for your furnace are part of life) and are part of proactive care to maintain implants and prosthetics in good working condition.

#### Home Care for Full Arch Implant Teeth

- Keeping the prosthetic clean and the junction between the prosthetic and natural tissue is paramount because infections and poor oral hygiene are one of the main causes of implant failure. Use a sulcus brush to clean the part of the prosthesis that transitions to the soft tissue. A sulcus brush is about one-third the width of a traditional toothbrush. Many patients find it easier to use this to clean and massage the tissue contact areas of the prosthesis.
- You should use a Waterpik at least once a day. You should access the prosthesis from both the front and back sides with the Waterpik. You will want to find the access points that result in the greatest dislodgement of retained food.
- Do a thorough flossing under the prosthesis at least once per week. Super Floss (Oral-B) works well, but if the firm end softens too quickly, you can tie the Super Floss to a floss threader. Some patients prefer the curved and firmer bridge threaders.
- TePe has an excellent line of implant cleaning products. The company offers multiple shapes and sizes of specialty toothbrushes and interdental brushes specifically designed for implants. You can purchase them on Amazon.
- You must wear a soft nightguard to protect the prosthesis at night. If your nightguard is worn out and you need a replacement, please contact your dentist and they can make arrangements to have a new one made.
- Severe grinders can cause damage to prosthetic components/implants. If you are struggling with clenching/grinding, options may include Botox to reduce muscle contractions/spasms which can be provided at Advanced Oral Surgery. Please discuss with your dentist if this a concern and a referral to us can be made.

You have a beautiful new smile, and we want it to last! By closely following aftercare instructions, scheduling regular maintenance, and continuing to follow good daily oral hygiene habits, you should enjoy your bright, healthy smile for many years to come. Please call us if you ever have any questions or concerns about your ongoing maintenance/care.

**Mark L. Jesin, DDS | Adam J. Lytle, DDS**

Diplomates, American Board of Oral and Maxillofacial Surgery

3855 Burton St SE, Suite B, Grand Rapids, MI 49546

P: (616) 369-0360 • F: (616) 369-0361

[www.advancedoralsurgerymi.com](http://www.advancedoralsurgerymi.com) | [info@oralsurgerymi.com](mailto:info@oralsurgerymi.com)