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# IMPLANTS NEED CARE

[www.gesundes-implantat.de](http://www.gesundes-implantat.de)

## Are you getting a dental implant?

Good oral hygiene is the most important prerequisite so that you can enjoy this for a long time to come.



**ARBEITSGRUPPE**  
gesundes Implantat

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## An implant also has to be properly cared for

Lost teeth can be replaced by dental implants. Dental crowns on implants are almost indistinguishable from natural teeth. As with natural teeth, bacterial coatings (also called biofilm or plaque) are also risky for implants, because they can cause inflammations of the gingiva and bones. These coatings must be regularly removed for a long lifetime of the implant, primarily through daily oral hygiene.

» Thorough care of your dental implant in the course of daily oral hygiene is crucial for the aesthetics and lifetime of the new tooth.



## Implants – a bad investment without prophylaxis

Even before the implantation you can promote the longevity of your implant: the gingiva must be free of inflammations.

### You achieve this through:

- » Good oral hygiene and proper tooth brushing several times daily
- » Using dental floss, interdental brush, etc.
- » Professional tooth cleaning in a dental practice
- » A possible gum treatment before the implantation



### Get good advice from your dental specialist regarding:

- » Quality of implants, and
- » How these are properly and individually cared for.



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## Mechanisms in the oral cavity

- » More than 500 different bacterial species live between the implant and gingiva – billions of individual bacteria.
- » These bacteria are included in the plaque that can only be completely removed by mechanical cleaning.
- » This biofilm is a potential danger for the implant.

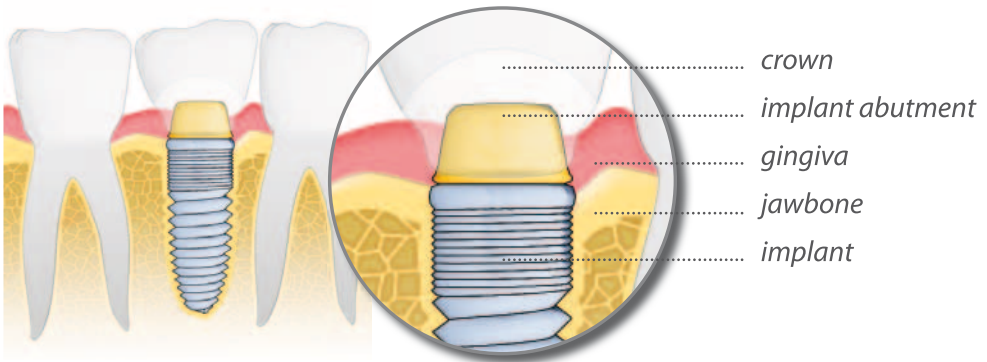


- » Many different bacterial species live in symbiosis in a biofilm. In order to prevent a penetration of bacteria into the organism, the body reacts with an inflammation and bone loss can be triggered.

- » Keep your implant clean – through good oral hygiene at home as well as through professional individual prophylaxis in a dental practice.
- » **Inflammations on implants (as well as on natural teeth) can possibly increase the risk of stroke, heart attack, diabetes, premature births, arthritis and rheumatism.**
- » **Healthy teeth and implants contribute towards your general health.**

## Plaque: a danger for implants

- » On an implant, the bacteria can advance faster towards the jawbone than on a natural tooth.
- » There is a threat of peri-implant mucositis, i.e. an inflammation of the gingivae around the implant.
- » In order to prevent the penetration of bacteria into the bloodstream, gingiva and bone retracts.
- » If this inflammation is not professionally treated just in time, a peri-implantitis can occur: the bone degenerates, the implant exposes and have to be removed in the medium term.
- » **In particular, the transition from implant to gingiva must be free of plaque and tartar.**



- » **Keep teeth, gingiva and implants healthy.**  
**Care for your implant – against peri-implantitis.**



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## Proper oral hygiene with implants

- » Your dental practice will gladly inform you about the individual care of your implants and follow-up appointments.
- » Please keep all appointments for professional implant and tooth cleaning which your dental specialist recommends to you.
- » You can best manage the thorough cleaning of the implant with special brushes, toothpastes or gels (e.g. with chlorhexidine gel). You can obtain these products in prophylaxis shops, drugstores or in a pharmacy. Please use the recommended care products several times daily in the course of oral hygiene at home.
- » Rinsing with antibacterial mouthwashes can support the inhibition of plaque colonisation.
- » Have your implants checked regularly by your dental specialist.
- » Inform yourself in your dental practice about the optimal tooth brushing technique for you.
- » **You will see. You can make a decisive contribution towards preserving the health of your implants in the course of oral hygiene at home.**
- » **The effort of care is worthwhile, because with proper cleaning healthy implants are a good and long-term investment in your health.**

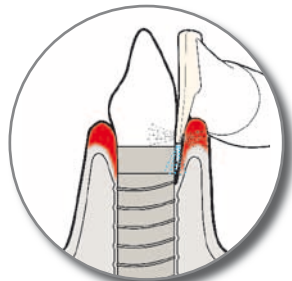


## **Indispensable: professional implant care with your dental specialist**

- » The hard to access points of the implant can only be completely cleaned of coatings in a dental practice.
- » Have a dental examination at least once per calendar year. In the process, your dental specialist also will check for hidden inflammations.
- » Professional implant cleaning contributes decisively towards the long-term preservation of your implant.

### **During a professional implant cleaning...**

- » plaque and tartar will be removed from the implant and teeth.
- » special methods such as ultrasonic technology or cleaning by means of powder blasting will be applied.



- » the dental specialist checks the implant and can start a therapy in due time if inflammations will be detected.
- » you obtain useful tips and directions for oral hygiene and implant care at home.



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This is a project of the "Healthy Implant Working Group"  
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I have obtained this brochure at:



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