

Dental Implant Phase Two

Post Op Instructions

Fixed Implant Restoration: If your restoration is a single crown or a bridge with multiple teeth that do not come out of the mouth follow these instructions.

Your restoration is cemented to an abutment that is attached to your implant by a screw. Great care was taken to tighten the screw properly, so it does not loosen. In the rare instances, these screws can loosen. It is important to notify us if you think you feel any movement in the tooth. This may indicate that the retaining screw is loosening. Loose screws are prone to fracturing and can be difficult or impossible to remove.

It is also imperative to return for regular dental checkups so we can inspect the implant restoration. Maintain the gum tissue around the implant with normal brushing and flossing. If you experience any slight bleeding or inflammation of the gum tissue, use a warm saltwater rinse 3-4 times a day. If not resolved in 3-4 days, call our office. Immediately report any excess bleeding or swelling around the implant area. **DO NOT USE TOOTHPICKS OR ANY METAL TYPE PICKS AROUND THE IMPLANT.** This could cause serious damage to the implant. There are implant safe instruments we can recommend if additional cleaning aids are needed. The crowns attached to your implants require the same care as a normal crown. Do not chew ice as it will cause the porcelain to fracture. Exercise caution when eating very hard foods and do not try to open or tear items with your teeth.

Removable implant Restoration: If you can remove your restoration follow these instructions.

Your denture or partial attaches to your implants with various nylon retainers that are embedded into your prosthesis. These retainers will require replacement as time goes on. The time frame varies so if you notice that your prosthesis is loosening it may be time to have the retainers replaced. We recommend that you remove your teeth at night and thoroughly clean them with a denture brush.

Food and tarter can build up around the retainers and prevent them from completely attaching to your implants. Also, use a commercial cleaner such as Stain Away™ or Efferdent™ at least once a week. Your implants will have receptors attached to them that will either look like a gold bar or a metal basket. These need to be kept thoroughly clean. Food and tarter build up will prevent your attachments from completely seating and your prosthesis will be loose. They also need to be brushed like natural teeth to keep the gum tissue healthy around the implants. **DO NOT USE TOOTHPICKS OR ANY METAL TYPE PICKS AROUND THE IMPLANTS.** Our office can recommend additional cleaning devices if needed. Your implants are susceptible to

gum disease the same way teeth are. If proper hygiene and regular dental cleanings are not followed, your implants may be lost to periodontal disease. The retainers attached to your implants are held in by screws. It is extremely important to return to our office periodically to have these evaluated. If you notice any loosening of your receptors, notify our office. Loose screws are prone to fracture and can be difficult or impossible to remove.

Thank you for choosing Dr. Johnston for your implant needs! If you have any questions or problems, please call our office at 334-687-0088.