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## Care and Oral Hygiene Instructions

For Your Fixed Implant Full Arch Restoration



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## Maintaining good oral hygiene following the placement of your implants and fixed implant restoration is crucial.

After getting your implants and fixed restoration, start home care right away. Initially, use a prescribed mouth rinse or warm salt water for 48 hours, avoiding gum brushing. After your post-op examination, clean the restoration twice daily or after meals. Consult your surgeon for flossing, the use of a Waterpik, and brushing. This routine ensures the health of your fixed implant restoration.

By diligently following these guidelines and seeking your surgeon's guidance, you can ensure the ongoing health and cleanliness of your fixed implant restoration.

### Flossing Instructions:

- Use floss threaders and Oral B® superfloss twice a day to clean under restoration.
- Use floss threaders to guide floss under your restoration. Thread floss through the loop, then twist or knot to secure.
- Gently guide floss under your restoration, cleaning between tissue and restoration.
- You can thread the floss in three locations:
  - a. Between the two front implants
  - b. The front-right and back-right implants
  - c. The left-front and left-back implants.



Did you know? Unlike natural teeth, dental implants are not susceptible to cavities, but they still require regular cleaning to prevent gum disease and maintain optimal oral health.

### Waterpik® Instructions:

- Use the Waterpik® twice daily, morning and night, on low setting.
- Direct the tip where gum tissue meets fixed implant restoration.
- Aim the water horizontally to remove and flush out food particles.
- Move the tip along the entire fixed implant restoration/gum line.



### Brushing Instructions:

- Use a soft or electric toothbrush for chewing surfaces and sides of teeth.
- Clean around restoration to remove debris and bacteria.
- Choose non-abrasive toothpaste to prevent surface abrasions.
- Consider using interdental brushes and cleaners for plaque removal missed by brushing alone.



For a fresh feeling, consider using a non-alcoholic mouth rinse as a final step. To ensure the long-term success of your implants, it's vital to schedule regular evaluations and in-office cleanings with your dentist or hygienist. They will create a personalized recall schedule to meet your oral hygiene needs.