

**PATIENT INSTRUCTIONS FOR
LONG TERM CARE FOR IMPLANT SUPPORTED
CROWNS AND BRIDGES**

1. Brush teeth, including the implant supported crowns and or bridges twice daily. Use a soft bristle tooth brush. Also, brush your tongue and gums gently.
2. Floss teeth once or twice a day. When using floss around the implants be gentle. Never saw into the gums with the floss. If you have a bridge use a floss threader to thread the floss under the bridge so that the inside portions of the implants and the under side of the bridge can be cleaned. Gently shoe shine the under surface of the bridge until you reach the implant then gently floss up and down the side of the implant.
3. Follow up with your dentist every 6 months for cleanings and evaluation.
4. When seeing your hygienist make sure you remind the hygienist which teeth are implants because he or she will have to use special techniques and instruments on the implants compared to the natural teeth.
5. Never use a toothpick between the implant and the gums. If you need to you can use a prophy brush or a prophy pick across the gums but never in between the gums and the implant.

Understand that the connection between the implant and the bone is very strong, but the connection between the implant and the gums is very week compared to that of the tooth, so be gentle with gums around the implant.