



# Implant Maintenance



**Aria Dental. Excellence by Design.**

The logo for Arvia DENTAL features the word "Arvia" in a large, elegant, grey cursive script. Below it, the word "DENTAL" is written in a smaller, grey, all-caps sans-serif font. The text is centered within a light blue circular graphic that has a soft, glowing effect. The background of the entire image is a gradient of light blue with several overlapping, semi-transparent circular shapes in various shades of blue, creating a layered, ethereal look.

Arvia  
DENTAL

# Your Guide to Dental Implant Care and Maintenance

The longevity of your dental implants will depend on a number of factors ranging from your personal choices to your long-term commitment to oral hygiene.

Making smart lifestyle decisions, maintaining a good oral hygiene routine at home and scheduling regular check ups with your dentist are important to ensure your new dental implants last you a very long time.

This booklet will help you complete an appropriate daily routine and if you need more information, please speak to your dentist.

*“Dental implant maintenance is not difficult, but it is imperative.”*



# Tips to Prolong the Life of your Dental Implants

Your dentist will help you keep your mouth healthy, but the daily oral maintenance will be left for you to do at home.

Here's what you can do to make sure your implants and replacement teeth last their longest.

## Importance of the Dental Clinician

As with all dental surgical procedures, the qualifications, expertise and experience of the performing dentist is important to ensure the successful placement of the dental implant and minimising the risk of failure.

A Prosthodontist is a highly qualified dental specialist who will be able to provide you with an optimal long-term outcome.

## Aftercare Post-Surgery

Immediately following implant surgery, we recommend you avoid eating any hard foods that could damage your implant/s during the healing period.

A soft food diet is recommended for 7 days, and particular care should be taken for up to 12 weeks after surgery. Limit yourself to healthy soft food such as yogurt, mashed vegetables, fruit smoothies, fish, mince or soup.

## Risk Factors

Some pre-existing conditions such as uncontrolled diabetes, vulnerability to gum disease, or a smoking habit can affect the health of dental implants in terms of success, complications, and longevity.

## Lifestyle Choices

The durability of your implants will not only depend on the maintenance of your teeth, but also on your lifestyle choices as a whole.

Unhealthy diet, excessive sugary products, bad chewing habits, stress or grinding, poor general health and well being and other medications you may be taking have an impact on your dental implants.

One of the main factors that can trigger problems with your dental implants is smoking. This is something your dentist may have discussed when assessing your eligibility for implants at your initial consult. We highly recommend quitting completely!

## Maintaining a Healthy Mouth

Your mouth is not mutually exclusive from the rest of your body. If you have poor systemic health and/or a poor general well-being, your dental implants can be compromised.

Your body works as a complete and whole system and you should care for your mouth accordingly. If you want to maximise the health of your dental implants, make sure you stay healthy and look after yourself.

## Brushing and Flossing

Just like your natural teeth, the longterm health of your dental implants will depend on how well you look after them.

The great thing about implants is you can care for them as you do for the rest of your teeth - with regular brushing and flossing.

This cleaning will help you avoid a build-up of plaque and should be done at least twice daily. Pay special attention to areas such as the sides of your implants, as this is where food and plaque will often build up.

## Interdental Brushes

Make sure you include interdental brushes as part of your dental implant maintenance routine. These small brushes can be used to remove pieces of food and plaque from around the sides of your implants to reduce chances of gum disease.

## Mouthwash

Combined with regular brushing and flossing, an antimicrobial mouthwash will help you reduce and eliminate bacteria building up around your teeth and implants.

## Regular Dental Visits

Commit to regular dental check-ups and hygienist appointments. This will help your dentist monitor the progress of your implants while giving your replacement teeth the professional clean and care they need.

## Listen to Your Dentist

Most importantly, listen to your dentist's advice on how to maintain your dental implants. Whether it's avoiding certain foods during the healing process or following a specific cleaning routine, your dentist's advice is imperative if you want to keep your implants for as long as possible!



*Healthy and Happy Dental Implant Smile*

# Products you will need to look after your Dental Implants

## During the healing process

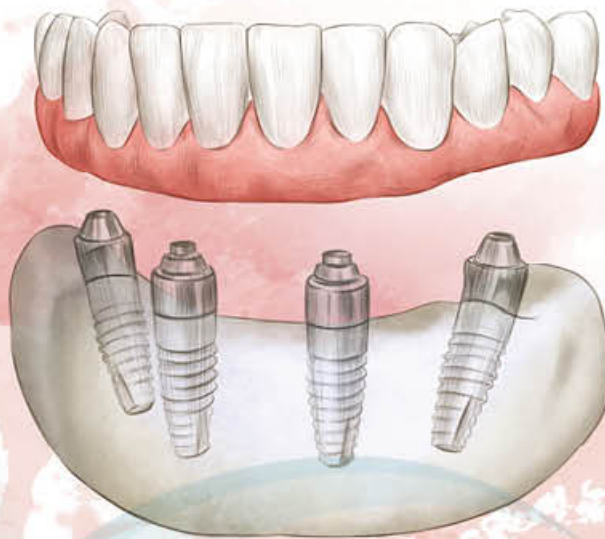
### Chlorofluor Gel and a Soft Toothbrush

*Sold in pharmacies for approximately \$12-13*

Chlorhexidine and Fluoride Gel is used in the treatment of oral infections, bleeding gums and plaque control. Chlorhexidine helps control plaque and eases localised gingival and oral infections, the Fluoride ions present are taken up by tooth structure and help to increase resistance to dental caries. Chlorofluor Gel can be used in specialised custom made trays or simply applied using a regular toothbrush.

**Recommended Use:** Apply Chlorofluor Gel to the gums, implant/s and sutures twice a day for 2 weeks following implant surgery. After two weeks, then use the gel once a week to optimise gum and implant health. If you are missing all your teeth, brushing routinely with Chlorofluor Gel is recommended.





## After the healing process

### Oral Rinse and Washes

Combined with regular flossing and brushing, antimicrobial mouth washes will help you reduce and eliminate the bacteria building up around your teeth and/or implants.

#### Savacol Mouthwash - Blue Fresh Mint

*Sold in pharmacies for approximately \$9-10  
We recommend the Blue Fresh Mint option,  
as the 'Green Mint' option may stain*

Savacol is one of the most effective antibacterial mouth rinses on the market today. Its active ingredient, Chlorhexidine, works by reducing bacterial numbers and plaque formation. It also reduces bad breath, gingivitis and promotes healing after surgery or ulceration. Chlorhexidine is the ingredient most recommended after surgery.

**NOTE:** *Chlorhexidine can cause severe allergic reactions. If painful, red or bleeding gums persist, stop use and seek professional advice from your dentist.*

**Recommended Use:** Dilute Savacol mouthwash and use the lid of the mouthwash container as a cup. Hold in mouth, swish around for 1 minute, then spit out mouthwash, do not swallow, and do not rinse your mouth with water afterwards for a minimum of 30 minutes.



## Brushing and Flossing

Just like your natural teeth, the long-term health of your dental implants will depend on how well you look after them. The great thing about implants is you can care for them as you do for the rest of your teeth – with regular brushing and flossing. This cleaning will help you avoid a build-up of plaque and should be done at least twice daily. Pay special attention to areas such as the sides of your implants, as this is where food and plaque will often build up.

### Toothbrush Brushing

*Sold in supermarkets and pharmacies for between \$39-59*

*Replacement electric toothbrush heads, for a mutli-pack, can cost around \$29*

As you likely know, a manual toothbrush is the most common oral hygiene instrument used to clean the teeth, gums, and tongue. It's head of tightly clustered bristles, when used with a quality toothpaste, facilitates the cleaning of all those hard-to-reach areas of the mouth, removing any food particles, plaque and other build-up.

Electric toothbrushes clean teeth and gums much better than a manual toothbrush and people who use an electric toothbrush have healthier gums, and less tooth decay. Electric toothbrush bristles rotate quickly and help better remove plaque build-up from your teeth and gums. The vibration allows for more “micro-movements” every time you move your toothbrush across your teeth. They are also easier for people with limited mobility. Electric toothbrushes can have different bristle textures, sizes, and forms available.

**Recommended Use:** Brush with an electric toothbrush using a soft, round toothbrush head to clean the front, sides, tops and back of your ‘new teeth’ and gums. Concentrate on the ‘under surface’, gums and around the implant heads. The most crucial place to clean is 3mm below the gum and surrounding the implant fixtures.







## Oral-B Super Floss

*Sold in pharmacies for approximately \$5-6*

Oral-B Super Floss is ideal for cleaning wide gaps between teeth and gums. It has three unique components—a stiffened-end dental floss threader, a spongy floss and regular floss—all working together for maximum benefits. The stiffened end allows you to thread it with easy under or between implants; the spongy-soft part is good for cleaning and buffing implants and the regular floss helps remove plaque under the gumline and between teeth.

**Recommended Use:** Super Floss is ideal for cleaning dental implants as it is has a variety of flossing-surfaces built into one product, all are an effective method of cleaning around the entire implant, fixture and under bridges.

### TIP!

Use a Stanley knife or scissors to trim the bristle head of a regular toothbrush to make it easier to get into tighter spaces.



Modified toothbrush

## Interdental Brushes and WaterPik

Make sure you include interdental brushes as part of your dental implant maintenance routine. These small brushes can be used to remove pieces of food and plaque from very hard to reach spaces around the sides of your implants to reduce chances of gum disease.

A WaterPik is an electronic device, much like an electric toothbrush, which sprays jets of water to dislodge food in places you can't reach.

### Interdental Brushes

*Interdental brushes are sold in supermarkets and pharmacies for between \$7-9 per packet*

An interdental brush is a small pipe cleaner looking brush specially designed to clean between your teeth, where a regular toothbrush does not reach - and they are paramount in the maintenance of dental implants! Daily use of an interdental brush, in addition to regular toothbrushing, is an easy and efficient way to keep your gums and teeth fresh and healthy. Interdental brushes are effective in cleaning the area under the gum around implant fixtures.

*What size/colour? There are different sizes and brands of Interdental brushes (such as Piksters or TePe). It is important to use the correct size. Aim to use the biggest size that you can fit in the gap or under your prosthesis. Ask your Aria Dentist for some advice!*

**Recommended Use:** You will likely use a few different sizes of interdental brush for different spots inside your mouth. Use the brush head to rub against the dental implant fixtures, between your teeth and under your prosthesis. They are semi-reusable, you may get 1-2 weeks out of one brush!





## WaterPiks

*Sold in pharmacies for approximately \$130-140*

A WaterPik, or an oral water irrigator / water flosser, is a home dental care device which shoots out a stream of high-pressure pulsating water intended to remove plaque and food debris from between teeth and below the gum line. It will remove food particles from your teeth and might help reduce bleeding and gum disease. A WaterPik may be a good option for people who have trouble with traditional flossing or easier for people with limited mobility. A WaterPik is not a substitute for mechanical brushing.

**Recommended Use:** Dental implants may often be difficult to clean due to their lack of accessibility. A high pressure water jet is often effective to remove large deposits of bacteria and plaque. Very easy to use, fill the WaterPik with tap water mixed with a cap full of Savacol, then just point the head to areas around your mouth to clean and irrigate.



### TIP!

Instead of using the WaterPik over the sink, consider using it in the shower, as it can be a pretty wet operation.

## Denture Cleaning

A clean, fresh mouth gives you the confidence to get closer to people, so understanding how to clean dentures is important. Typically, dentures are up to 10x softer than natural teeth and using special denture cleaners that have a low-abrasive formulation will remove 99.9% of odour-causing bacteria and help remove plaque and stains.



### Denture Brush

*Sold in supermarkets and pharmacies for approximately \$3-5 each*

A clever ergonomically designed denture brush has an oversized, easy-grip handle for extra control. Denture brushes feature two brush heads and some even have a rubber polishing tip at the bottom of the handle to help polish the denture surface, to remove stains such as coffee and tobacco. Long multi-tuft soft bristles are for effective external cleaning. Small angle-trimmed bristles help clean hard to reach areas and grooves.

**Recommended Use:** Use the larger soft brush part of the denture brush to clean the front and sides of your denture, as you would with a normal toothbrush. Use the pointy, longer bristles to clean inside the grooves of your denture, that fit close to your gums. If required, very gently use the rubber nib to remove small and minor stains - but if you clean your denture daily, its unlikely you will need to do this.





## Denture Tablets

*Sold in supermarkets and pharmacies in different size packs for between \$5-10 per box*

Unlike some toothpastes, denture tablets have a non-abrasive formula, so they clean without scratching and leave fewer places for unwanted bacteria to grow. To deep clean for your dentures you use denture tablets to soak your denture overnight, to removes 99.9% of the odour-causing bacteria, and when used as directed helps to remove tough stains and reduce plaque, giving you a cleaner, fresher denture. There are also 'express' or '3-minute' tablet options for those who prefer not to soak their denture overnight.

**Recommended Use:** Drop one tablet into a cup with enough warm water (not hot) to cover the dentures; Brush your denture with a soft toothbrush or denture brush; Place your denture into the cup and soak overnight; the next day, re-brush the denture using the solution in the cup using a soft denture brush to remove any last remaining debris, Rinse thoroughly with running water, before putting the denture back in your mouth; Discard the remaining denture tablet cleaning solution after use (do not reuse).

### TIP!

You might like to get yourself a specialised Denture Bath, instead of using a glass or cup!

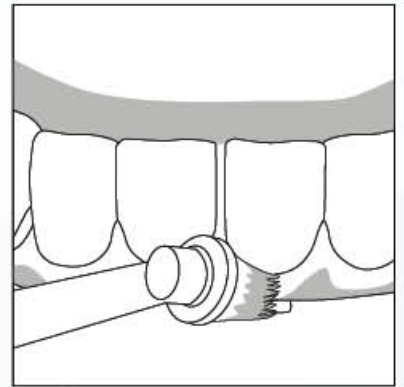
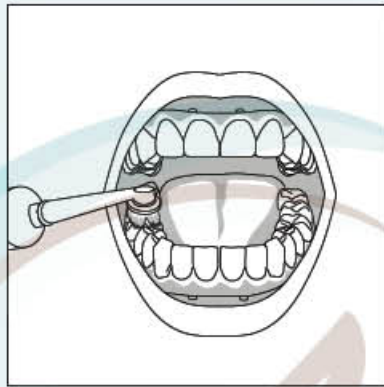
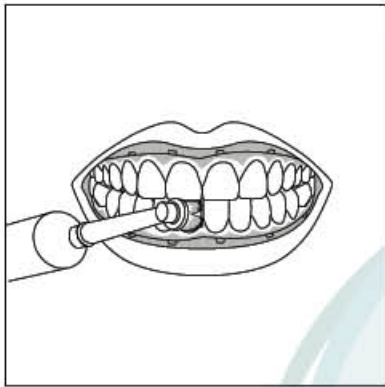


# How to Clean your Full Arch Dental Implants

## STEP 1

Brush your new teeth, spend approximate 2.5 minutes cleaning your teeth with a high-quality toothpaste with a soft bristle electric or manual toothbrush. Pay attention to your existing teeth and prosthesis / bridge.

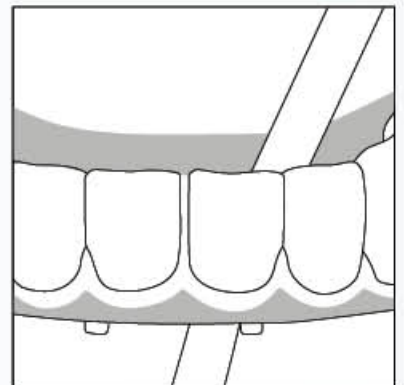
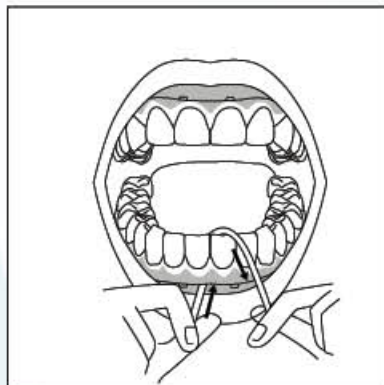
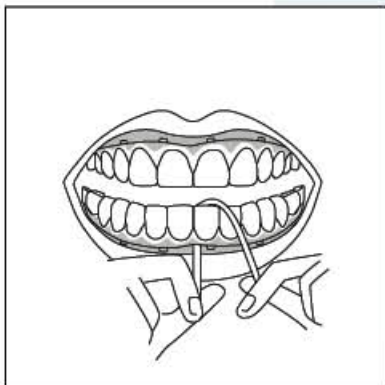
The most crucial place to clean is 3mm below the gum surrounding the implant fixtures. A specialised electric brush head or altered manual toothbrush are effective for cleaning the gum region.



## STEP 2

Use Super Floss to clean around your entire implant fixtures and bridge. Thread the Superfloss under your bridge or between your teeth and your implant and floss, slowly pull the floss directly back and forth, to clean under the bridge and next to and around the implant and/or neighbouring teeth buffing off any build ups.

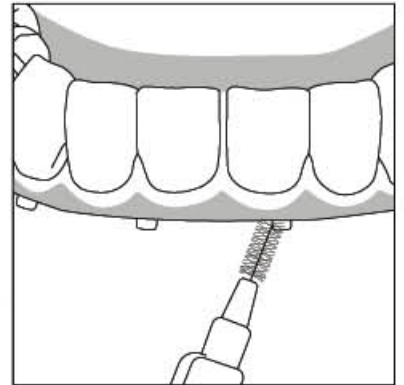
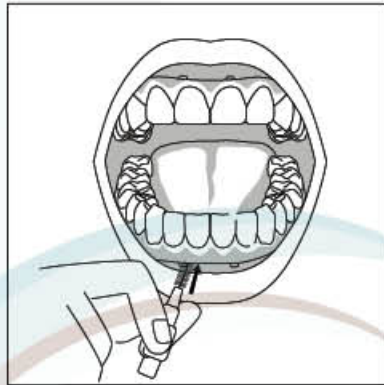
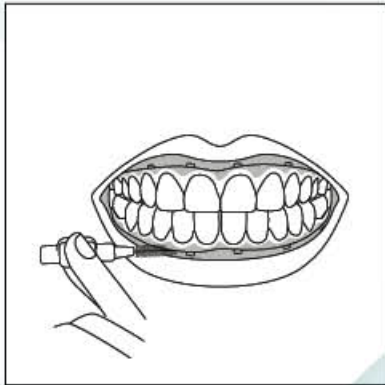
*\*Don't forget to do your top and bottom bridge, if you have both.*



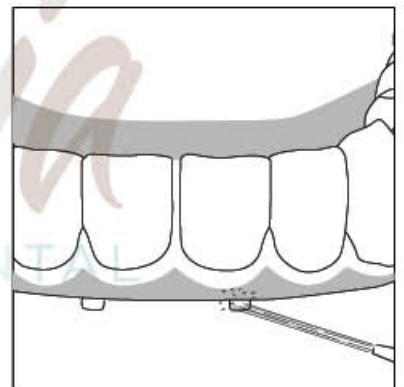
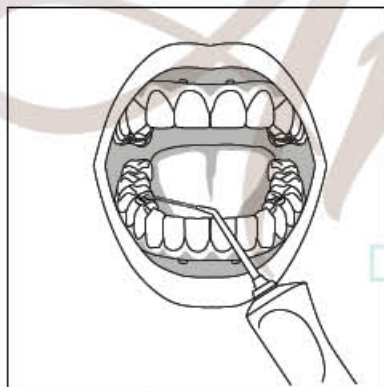
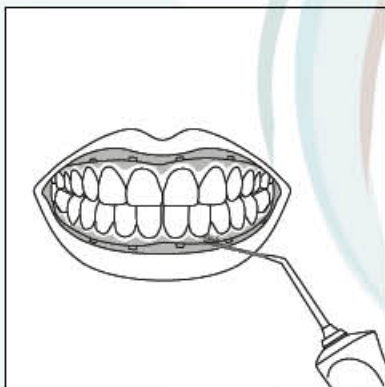
### STEP 3

Use an Interdental Brushes and/or a WaterPik. You use these to remove pieces of food and plaque from around the sides of your implants to reduce chances of gum disease.

#### Interdental Brush

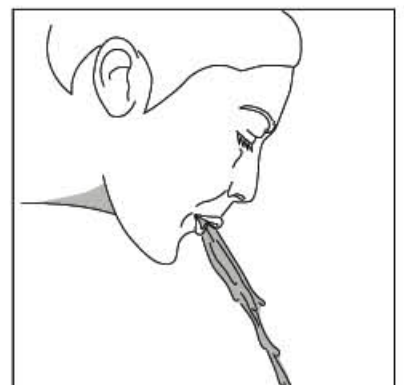
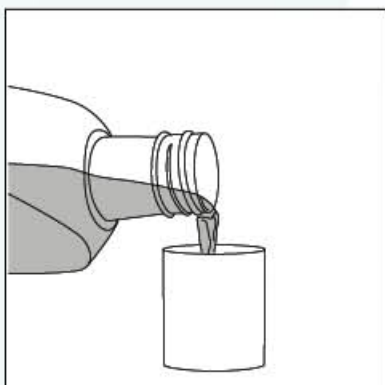


#### WaterPik



### STEP 4

Mouthwash! Read instructions for the Savacol mouthwash. Hold in mouth, swish around, spit out mouthwash, do not swallow, and do not rinse and avoid drinking liquids for approximately 30 minutes.

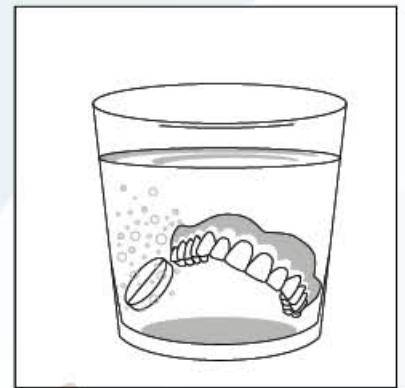
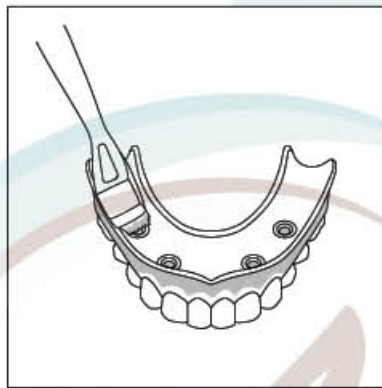
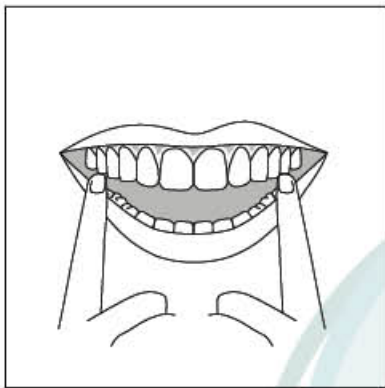


# How to Clean your Overdenture

Similar to natural teeth, dental plaque accumulates on the surface of overdentures. For this reason, overdenture wearers should follow these simple steps daily.

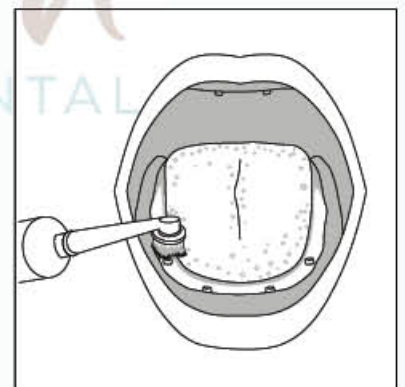
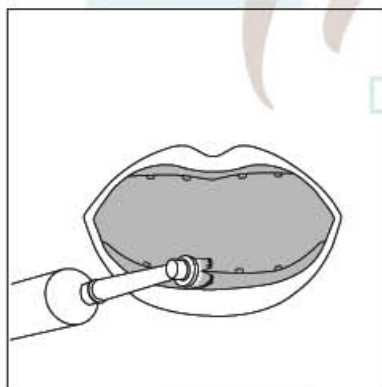
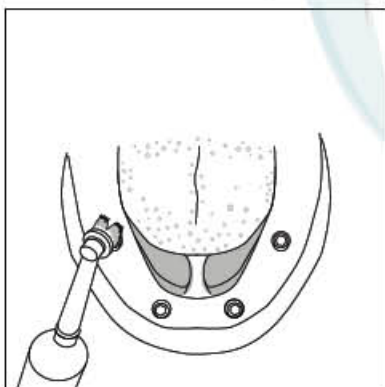
## STEP 1

Remove your overdenture from your mouth. Fill a washing basin with water, this will keep the overdenture from fracturing if you drop it. Then apply detergent onto a soft bristle manual toothbrush and thoroughly clean every surface of the overdenture. Then rinse the overdenture and immerse in a cup of warm water with a denture tablet, before bed each night.



## STEP 2

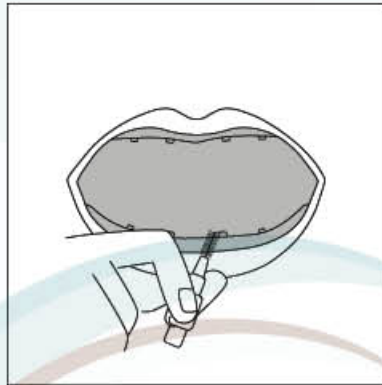
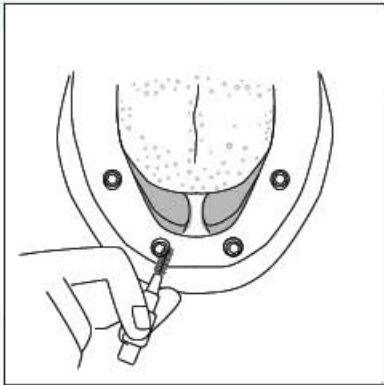
Use a different soft toothbrush and toothpaste to clean the implant locators inside your mouth.





### STEP 3

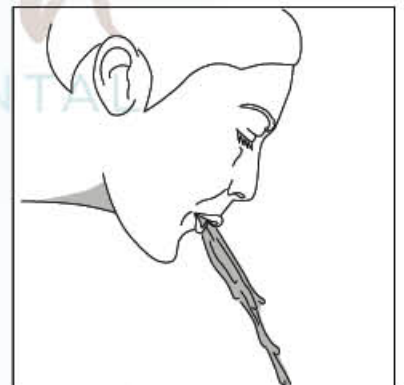
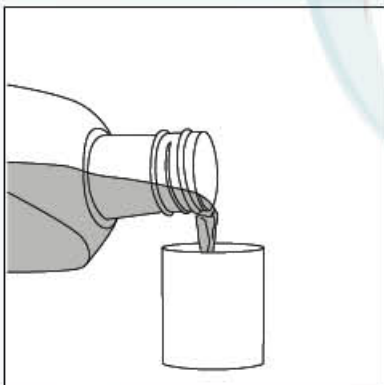
Use an Interdental Brush to clean your implant locators. This will remove pieces of food and plaque from around the sides of your implants locators (and existing teeth) to reduce chances of gum disease.



### TO FINISH

#### STEP 4

Mouthwash! Read instructions for the Savacol mouthwash. Hold in mouth, swish around, spit out mouthwash, do not swallow, and do not rinse and avoid drinking liquids for approximately 30 minutes.

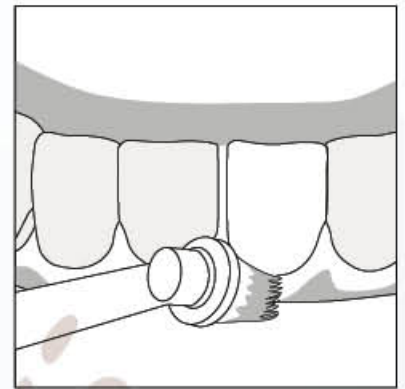
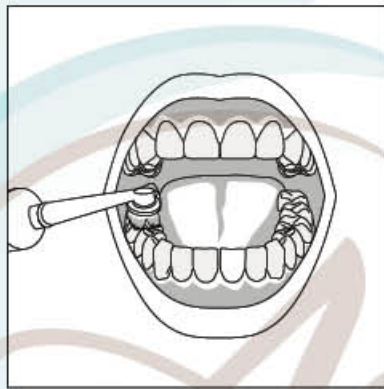
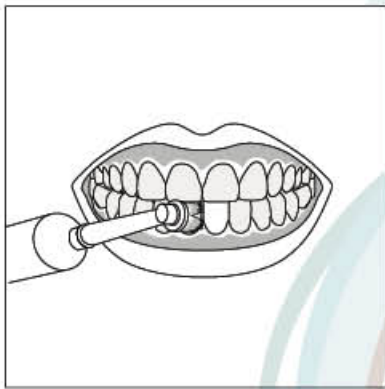


# How to Clean your Single Dental Implant

Looking after your single dental implant is much like looking after your regular teeth. Getting in a good habit of routine brushing, flossing and using mouthwash twice daily will ensure your mouth stays happy and healthy.

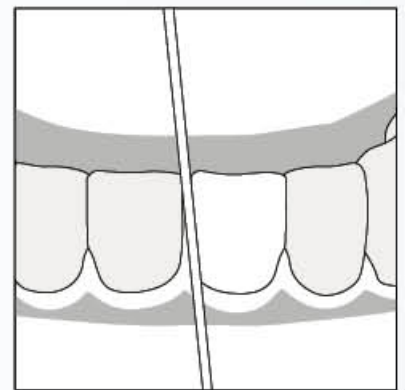
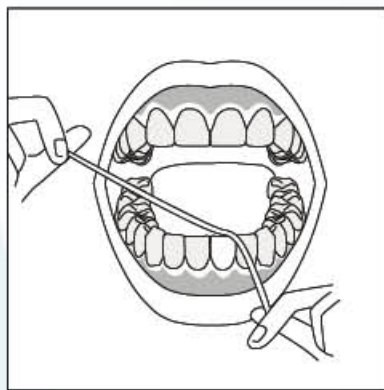
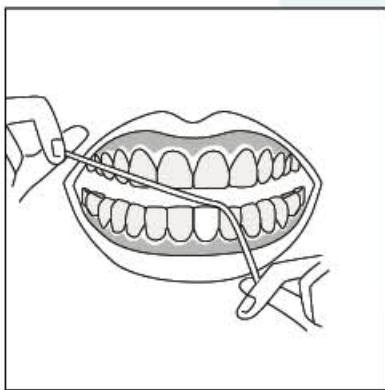
## STEP 1

Brush your teeth, spend approximate 2.5 minutes cleaning your teeth with a high-quality toothpaste with a soft bristle electric or manual toothbrush. Pay attention to your existing teeth and your new dental implant tooth. Make sure you clean along the gum surrounding the implant. An electric brush head is very effective for cleaning the gum region where your implant is placed.



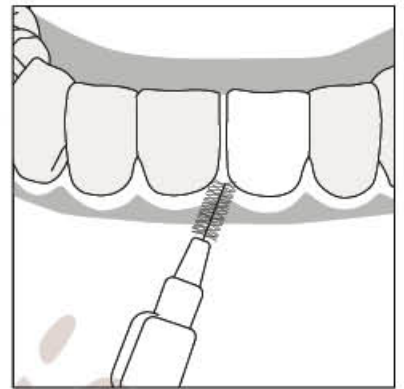
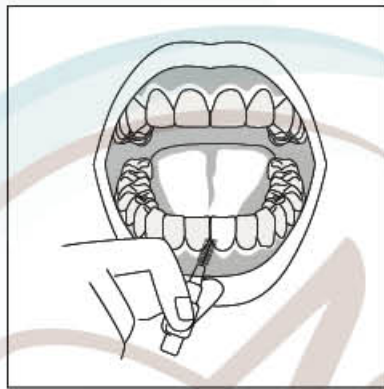
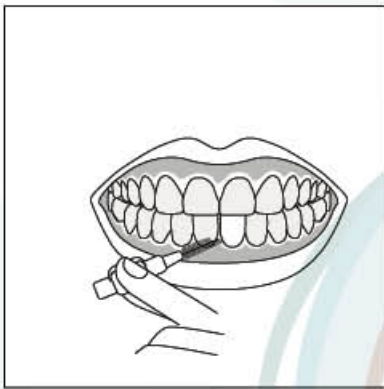
## STEP 2

Use Super Floss to clean in between your teeth. Thread the Superfloss between your teeth and your implant tooth and floss, slowly pull the floss directly backward and forth, to clean around the implant and neighbouring teeth removing any build ups. Remember to floss all your teeth, not just around your single implant.



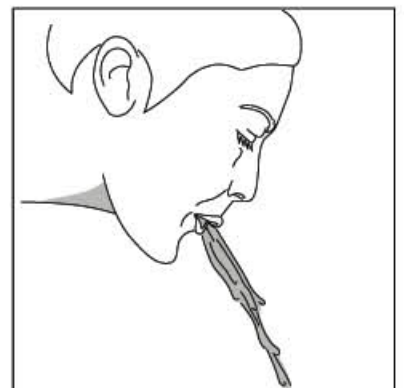
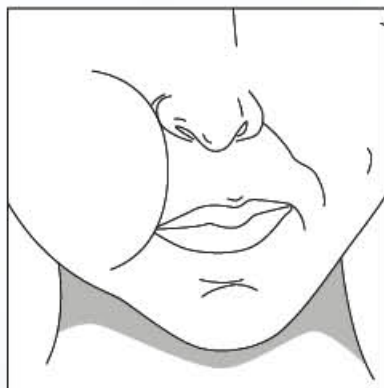
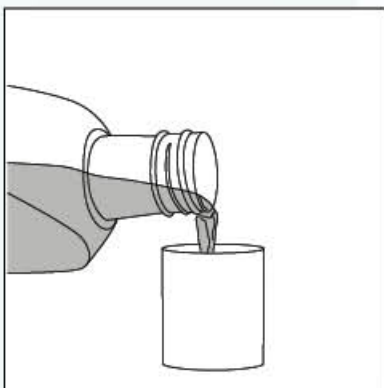
### STEP 3

Use an Interdental Brushes to remove pieces of food and plaque from around the sides of your implants and regular teeth to reduce chances of gum disease.



### STEP 4

Mouthwash! Read instructions for the Savacol mouthwash. Hold in mouth, swish around, spit out mouthwash, do not swallow, and do not rinse and avoid drinking liquids for approximately 30 minutes.



# Things to look out for

Similar to natural teeth, dental plaque and food particles can accumulate on the surface of dental implants and your overdenture fixtures, so it is important to look after your oral health.

Here are a few common poor oral hygiene and maintenance issue early warning signs.



Plaque deposits around dental implants supporting a fixed implant bridge.



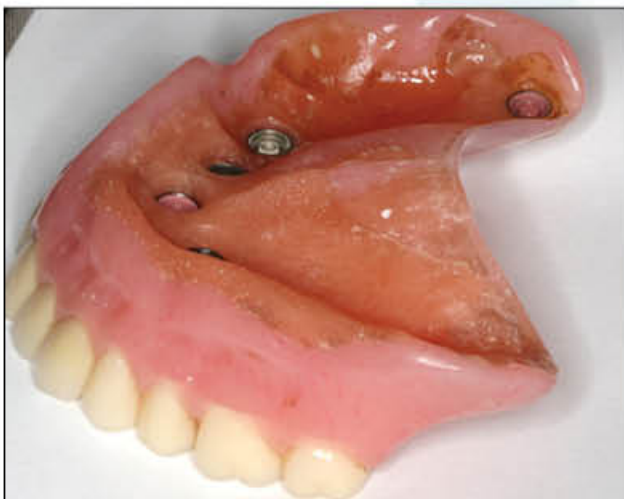
Prolonged inadequate cleaning results in tissue and bone loss around the implant, exposing the implant threads.



Plaque deposits around overdenture dental implants ball fixtures.



Chipping and cracking of prosthesis.



Build up on an overdenture.



Mechanical wear of the overdenture fixtures.

*If you start to see these,  
book an appointment  
with your Dentist!*

## *Dear Patient*

I would like to welcome you to Aria Dental. I look forward to partnering with you to address your oral health concerns. We will do all we can to ensure you achieve the most successful result possible.

I have seen many patients over the years who have had great success with dental implants and the impact of an aesthetic smile certainly should not be underestimated. Patients who have broken down or missing teeth generally

hide their smile, avoid social circumstances and miss those foods that they once ate with ease. Dental implants are essentially like getting your natural teeth back again, and by removing these problems, patients get a renewed lease on life.

The Aria Dental practice is focused on implant reconstruction. As a team we will work together to assist you through your dental implant journey. Our team consists of numerous dental clinicians, with significant experience in the field of implantology and on-site dental laboratory technicians which allows for an immediate service, offering you quicker turnarounds.

Dental implants are an investment, that takes both time and money. At Aria Dental we can satisfy most patients' chief concerns, regardless of their financial limitations. There is always a treatment plan and solution for everyone.

I'm sure you have questions, and you can be assured that myself & the Aria Dental team will be here to answer them throughout your journey. It is a great pleasure to welcome you to Aria Dental.

*Dr. Michael Zaninovich*



Notes



Notes



Aria



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