



5005 Heritage Ave., Suite 100 – Colleyville, Texas 76034  
Office 682-738-3029 Fax 800-618-8507 [www.oliverdentalimplants.com](http://www.oliverdentalimplants.com)

### **Home Care Instructions for Implant Supported Crowns and Bridges**

Your implant supported restoration requires the same diligent oral hygiene care as do your natural teeth. Brush the dental implant crown using a soft-bristle toothbrush, to reduce irritation to the gum line. Brush gently around the dental implant crown; don't press the bristles of the toothbrush hard against the gum surrounding the implant crown. Clean around the front, side and between each implant.

Floss (or use another interdental cleaner such as a Proxabrush) gently at the base of the implant crown placing the dental floss on one side of the crown and gently pulling the floss to the other side of the implant crown. Don't use a sawing motion, running the floss through the implant or teeth with a side-to-side motion. Floss your teeth once a day to help remove plaque and debris from areas that your toothbrush can not reach. A dental implant crown can be dislocated (pulled off) by putting excess pressure on the implant crown.

Try to avoid chewy or sticky foods, because they can dislodge (pulling off) the implant crown. If you do eat these foods, brush the teeth immediately afterward, using the method above.

For Cleaning under fixed bridgework or dental implants use floss threaders and or a Water Pics.