



## Care For Your Dental Implant and Prosthesis

Thank you

Congratulations on the completion of your implant prosthesis! On behalf of the entire SPG team, thank you for entrusting us with your dental care. It has been our privilege looking after you. In addition, we deeply appreciate your patience and help throughout this process. We hope you are happy with your results and will recommend our services to your friends and family.

### Care for your dental implant and prosthesis

To ensure your implant prosthesis will bring you many years of enjoyment, we have compiled the following information for you:

- **Cleaning:** optimal cleaning is the most important part of ensuring long-term success. Under no circumstance should you ever cease meticulous cleaning around your implant or prosthesis. If there is persistent (>1 week) gum bleeding despite your best cleaning efforts, please come in as soon as possible.

You may have been instructed to use additional cleaning aids such as Piksters mini brushes (available from pharmacy or [www.piksters.com](http://www.piksters.com)) or Oral-B SuperFloss (available from pharmacy). For an even better clean, dip your Piksters or SuperFloss in Colgate Savacol 2mg/mL (available from pharmacy) mouthwash before cleaning.

- **Maintenance:** we need to see you every 12 months for the review of your implant and supporting prosthesis. We will be checking your gum health to avoid infections and your bite to avoid reduce excessive pressure. X-rays are also taken to check the bone level around the implant. Please continue to visit your general dentist for regular check-ups and cleaning which are essential to good oral health.

### What you might experience at first

- **Tightness:** your new implant prosthesis must be tightened properly to the dental implant. In addition, it must be tight enough against the neighbouring teeth to eliminate a food trap. While most patients find this comfortable, some patients may experience



moderate to severe tenderness to the neighbouring gums and teeth after prosthesis insertion. This discomfort will settle by itself after a few days. During this time please use your preferred painkiller.

- **Tongue or cheek biting:** although the shape of the new prosthesis is carefully constructed to the same size as your teeth, some patients may experience accidental tongue or cheek biting. This is because your tooth has been lost for some time and your tongue and cheek muscles have “grown” into this region. To overcome this, please chew slower in the first few weeks to allow your muscles to adapt.
- **Food lodgment:** some patients may find food remains around the new prosthesis. This is due to excessive loss of bone and/or gums, which occurs as a natural consequence after losing your tooth. In some clinical situations this cannot be completely avoided, even when proper and scientifically-proven design methods have been used for your prosthesis.
- **Pronunciation:** your prosthesis is made to mimic your natural teeth, however, some patients may find their pronunciation of certain words sounds different after front teeth are completed. This is due to the difference in shape between the temporary removable denture and your implant prosthesis. The pronunciation will improve as your mouth gets used to the difference.

### What you might experience later on

- **Lost filling:** occasionally, the filling used to seal the screw access chamber may be lost after many times of chewing, clenching, and grinding. This is not an emergency and a new filling can be easily placed at your earliest convenience.
- **Screw loosening:** your implant prosthesis is tightened to your implant via a mini-screw to the exact manufacture-specified torque value. However, this screw is expected to become loose over time (like any other mechanical joint) and your implant prosthesis would typically feel loose. Please contact us immediately to have it re-tightened. If this looseness is ignored where eating and biting is continued, screw fracture and/or implant inner screw thread damage can occur which makes the situation extremely difficult and expensive to manage.
- **Bleeding gums around the implant:** if food gets stuck under the gum around the implant or if there is insufficient cleaning, you could experience gum bleeding during



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cleaning. To solve the problem, please carry out meticulous cleaning as instructed. Bleeding usually self-resolves within 2 days. However, if gum bleeding does not improve after a couple of days, please contact us immediately.

The earlier we attend to the above problem concerns, the fewer problems we may encounter in the long-term. And lastly please remember: **If in doubt, clean again! Under no circumstances should you ever cease cleaning, brushing or flossing your implant and its supporting prosthesis.**