

Caring for your Implants

What is peri-implantitis?

Peri-implantitis is a condition that involves inflammation of the tissues surrounding the implant. If left untreated, this may progress to bone loss and eventual implant failure.

Symptoms include redness, swelling, and bleeding of the gums around the implant. Pain and discomfort may also be experienced.

Peri-implantitis can happen because of poor oral hygiene, tobacco use, bacterial infection, and excessive pressure on the implant.

Contact Us



1-718-606-FUND (3863)



www.hotelfunds.org



Do's and Dont's of Implant Care:

Maintain Good Oral Hygiene:

Do: Brush your teeth at least twice a day and floss daily, especially around the implant site. Use interdental toothbrushes, Waterpik, or irrigation devices for optimal cleaning.

Don't: Use stiff bristle brush, highly abrasive toothpastes, and any teeth whitening agent.



Go for Regular Dental Visits:

Do: Schedule routine check-ups and professional cleanings every six months, or as recommended by your dentist to monitor the implants and surrounding gum health.

Don't: Ignore any pain or discomfort. Be vigilant for any signs of problems, such as swelling, pain, or loosening of the implant. Early detection can prevent more serious issues.



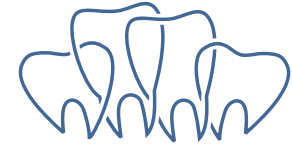
Have a Healthy Diet:

Do: Eat a balanced diet rich in vitamins and minerals to support gum health.

Don't: Sugary foods and drinks promote decay. Hard, sticky foods and chewing on ice cubes can cause excessive pressure on the implant. Avoid these.

Smoking:

Don't: If you smoke or use tobacco, try to quit. Tobacco use can slow down healing and increase the risk of implant failure.



Protect Your Teeth:

Do: Talk to your dentist about a mouth guard to protect your implants and natural teeth if you grind your teeth (bruxism) or when engaging in contact sports.



Stay Hydrated:

Do: Drink plenty of water to help maintain saliva production, which is important for oral health.

By following these tips, you can help your dental implants last longer and keep your smile healthy.