

Caring for
your implants



TePe[®]

Healthy gums, happy implants

The number of dental implants is growing every year, improving the quality of life for many people. But the implants and surrounding tissue need to be taken care of just as well as you do your natural teeth – even a little better. Use this leaflet to learn about keeping your implants healthy and prevent problems.



What is a dental implant?

A dental implant consists of a screw that is placed in the jawbone and a crown, which looks like a natural tooth and is anchored to the implant. The screw will in most cases integrate with the bone. Dental implants are one of the most viable methods of teeth replacement.

There are different types of implant constructions:



Implant-supported bridge

Several teeth are replaced with a bridge, anchored to implants. Sometimes includes artificial gum tissue for cosmetic reasons.



Single implant

A crown anchored to an implant.



Overdenture

A removable denture anchored to the implants.

You and your dental professional – a good team

It can be difficult to achieve good plaque control. A good strategy is to follow instructions developed just for you by a dental professional. You'll need a regular toothbrush, an interdental brush and/or floss and most likely a special brush. It's important to clean all surfaces of your implant/s and the implant construction daily, and to see a dental professional regularly.



Healthy gums around implants

Healthy gums are pink and do not bleed or hurt when you clean around your implants.



Healthy pink gums



Inflamed gums

Inflammation around the implant

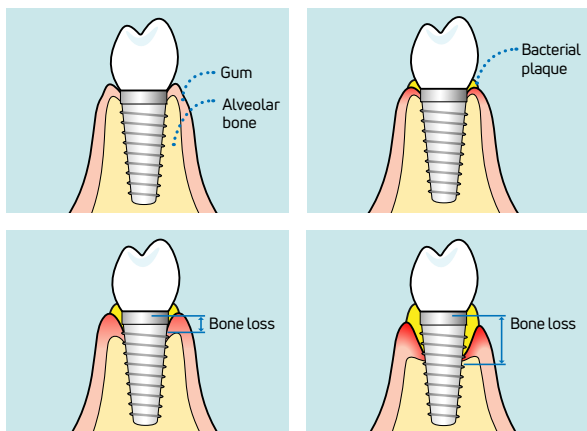
The gums and bone around an implant are far more sensitive to plaque, the build-up of bacteria, than around a natural tooth. The area where the implant meets the gum is especially important to keep clean. If plaque builds up along the gum line, gums will become inflamed rather quickly. This might look red and swollen, but it isn't always obvious. Your gums might become sensitive and even bleed when you clean around the implants. This inflammation is called peri-implant mucositis. It is reversible, but will require some treatment and optimal oral hygiene.



Breakdown of the supporting bone

If plaque is not removed, inflammation can go on to affect the bone that supports your implants (the alveolar bone). The bone will start to break down and the implant will lose part of its attachment. This stage is called peri-implantitis. Without treatment, the process will continue with more bone loss. There might be redness, swelling, bleeding and pain, but it could also go unnoticed. Peri-implantitis is very difficult to treat and it's important to discover problems as early as possible to increase the chance of successful treatment. Poor oral hygiene, previous or active gum disease, some systemic diseases, smoking and not attending recall visits increase the risk of peri-implantitis.

The development of inflammation around implants:

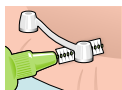


Every space matters

Using an interdental brush is the most effective way to clean the sides of your implants and the spaces around them. Your implant construction should allow for easy cleaning around the implants. Ask your dental professional to show you where the implants are located and for help choosing the right brush sizes. You'll usually need more than one size.



Brush back and forth a few times next to each implant. Use a mirror to make sure you clean all spaces. Rinse the brush under water as needed.



The implant-based supporting structure also need cleaning if you have an overdenture.

Implant care kit

Toothbrushes

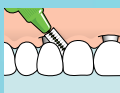
A toothbrush with a small brush head makes it easier to reach irregular implant surfaces.

TePe Supreme™ (1) combines short and long, tapered bristles for better access along the gumline.

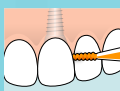
Cleaning between teeth and implants

To reach the sides of the implants, an interdental brush is often the best tool.

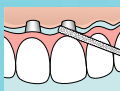
TePe® Interdental Brush/TePe Angle™ (2) is the most efficient, user-friendly device for plaque removal.



TePe EasyPick™ (3) is convenient for basic oral care on the go.



TePe® Bridge & Implant Floss (4) is suitable for single implants and implant-supported bridges. Coated with a spongy portion that removes plaque around the dental implant crown.



Special brushes

The area where the implant meets the gum is the most important to clean. A special brush will help you clean the hard-to-reach areas.

TePe Compact Tuft™ (5) has a firm rounded tuft which is ideal for precision cleaning.



TePe® Implant Orthodontic (6) has a slim brush head for easy cleaning of the outside implant surfaces.



TePe Universal Care™ (7) has an angled neck which reaches the implant surfaces from the inside.





TePe® Denture Care (8) for efficient cleaning of a removed overdenture. Should not be used inside the mouth.



Products for your implants



Made in Sweden

Toothbrushes



Supreme

Interdental products

Original



0.4 mm

0.45 mm

0.5 mm

0.6 mm

0.7 mm

0.8 mm

1.1 mm

1.3 mm

1.5 mm

Extra soft



0.45 mm

0.5 mm

0.6 mm

0.7 mm

0.8 mm

1.1 mm

Angle



0.4 mm

0.45 mm

0.5 mm

0.6 mm

0.7 mm

0.8 mm

Bridge & Implant Floss



Easypick



XS/S

M/L

XL

Special brushes



Compact Tuft



Implant Orthodontic



Denture Care



Universal Care

This leaflet is part of TePe Share.

Please visit www.tepeusa.com for additional educational material.

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