

# Keys to Dental Implant Success



Fairfield County Implants & Periodontics  
Dr. Michael Sonick, Dr. Rui Ma & Associates  
*Creating Beautiful Healthy Smiles for a Lifetime*

**Following these steps before and after your dental implant, will increase the success of the implant and the beauty of your smile.**

## Dental Implant Care Before the Procedure

The first step prior to getting dental implants is making sure that you have optimal oral health—besides your missing teeth. The tissues surrounding the place your dental implant will sit should appear pink, firm, and stable with no signs of infection. Your dentist will evaluate your jawbone for signs of instability.

Your dentist will work with you to educate you on how to obtain optimal oral health if you're not ready to receive dental implants just yet:



Brush your teeth twice a day.



Floss every day (we mean it!)



Receive cleanings every 3 months



Quit using all tobacco products

## Caring for Dental Implants During the Placement and Healing Period

Because dental implants are surgically placed within the jawbone, you must take special precautions to make sure the site does not become infected. Your dentist understands that your dental implants are a true investment that you should protect. Here are a few key points that can help you choose safe home-care products while your implant is fusing with your jaw bone:

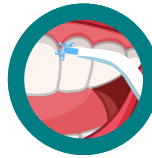
- ✓ A soft diet is recommended for 1-2 weeks
- ✓ Take all prescribed antibiotics to prevent infection. pain meds to manage discomfort
- ✓ Use a noninvasive, nonabrasive toothpaste to avoid irritating the site of placement.
- ✓ Avoid brushing the surgical area until it heals. You are encouraged to clean the rest of your mouth. Avoid smoking.

## Maintaining Dental Implants Once They've Been Stabilized

Now that your dental implants have healed and fused within your jawbone, the hardest part is out of the way! You may feel your dental implant and think, "Wow, this feels just like my natural tooth." That's because they are the closest thing to your permanent teeth, which means you can care for them as such. Follow these tips to keep your dental implants for lifetime:



Floss regularly, paying special attention to your implanted teeth.



Try using new tools like water irrigators to avoid scratching your dental prosthetic.



Brush your teeth twice a day for at least two minutes per session.

**Implant home care for the patient and regular visits to your hygienist are key elements to ensure peri-implant health.**



Hopefully, this information will help you to understand how important it is to prevent infection with dental implants. The best way to do that is to care for your implants properly.

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