

After dental implant treatment

The following instructions will help you keep your implant and your mouth healthy in the long term. The most significant patient-related risk factors for losing an implant are poor oral hygiene and smoking.

Home Care:

- **Tooth brushing:** Brush your teeth twice a day with a soft toothbrush using fluoride toothpaste. Pay careful attention to brushing along the gumline, including around the implant.
- **Cleaning between teeth:** Clean all interdental spaces at least once a day. Use the cleaning tool recommended by your dentist or dental hygienist for the implant tooth. Cleaning tool in your case: _____

(See: [Hampaiden puhdistus - potilasohje \(FIN\)](#))

Regular Check-ups and Cleanings:

- **Dentist visits:** Visit your dentist regularly for check-ups. The dentist will check the bite of the implant, the health of the gums, and the condition of the structures.
- **Cleaning visits:** Follow your dentist's instructions regarding cleaning visits. They are important to prevent tartar buildup and gingivitis around the gums and implant.

In Case of Problems:

- If you notice any redness or swelling around the implant area, or if it bleeds or oozes pus, contact your dentist immediately. These could be signs of an infection or other problems that require prompt treatment.
- If you notice the implant crown feels loose or odd in your bite, contact your dentist immediately. These could be signs of the implant or its internal screw becoming loose.