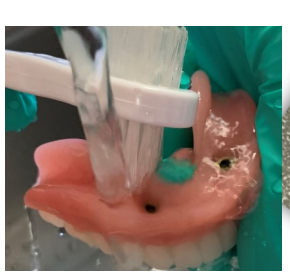


IMPLANT-RETAINED DENTURE

An implant-retained denture requires a different oral-care technique.

For Dentures:

• Place towel in sink and fill with several inches of water. Remove denture and rinse under cool water to remove debris. Place in a cup of water containing a denture-cleaning tablet. Let soak overnight or follow manufacturer instructions. After soaking, brush thoroughly with a denture brush and rinse well.

For Implants:

• While denture is soaking, use an extra-soft toothbrush and low-abrasive toothpaste to clean around the exposed portions of the implants, as well as surrounding teeth and soft tissues. Brush each section for 4 to 5 seconds.

Remember...!

Assist Veterans in caring for remaining natural teeth by brushing twice a day using circular or jiggling motions at a 45-degree angle to the gumline. Flossing between teeth daily is recommended but, if not possible, use an interdental brush or oral irrigator (contact your dental service for more information on available products).

Reducing plaque and bacteria in the mouth will help prevent inflammation which is linked to gum disease, cavities, heart disease, diabetes, and hospital–acquired pneumonia.

Veterans should also visit their dentists at regular intervals for cleanings and check ups.

Thank you for helping to improve the quality of life for our Veterans!

Created by:

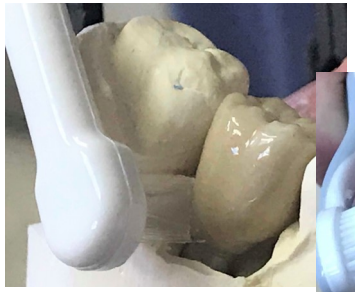
VHA Office of Dentistry's Dental Allied Health Education Committee
2020

VA HEALTH CARE | Defining EXCELLENCE in the 21st Century

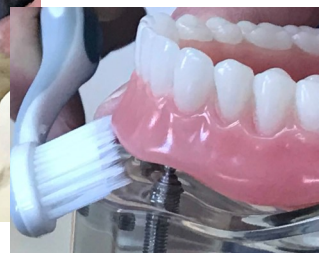
DENTAL IMPLANT CARE

Care and Cleaning of Dental Implants and Implant-Retained Dentures

Department of Veteran Affairs
'Where we put Veterans first'



90-degree angle with end- tufted brush



45-degree angle brushing under denture

BRUSHING

Single Implants and Implant Bridges

It is important to clean implants daily to maintain a clean mouth and healthy gums. Using a manual or battery-powered toothbrush, angle the bristles at a 45-degree angle towards the gumline and gently brush the area.

When available, an end-tufted brush is a good option. Brush the implant teeth by moving the brush in a horizontal direction.

Brushing Screw-Retained Denture Implants

When brushing the implants of a screw-retained denture, angle the bristles at a 90-degree angle towards the implant. This allows for the bristles to fit under the denture to clean the implant post. Then, angle the bristles at a 45-degree angle towards the denture to gently brush the underside of the denture and soft issues.

FLOSSING

Caring for an implant is slightly different than cleaning natural teeth. Here are some recommendations when flossing implants.

Flossing a Single Implant

(photo below)

Using a 6-8-inch piece of floss, work the floss between the natural tooth and the implant tooth. Pull floss in a "C" shape against the implant tooth and use a back-and-forth, see-saw motion to clean it.

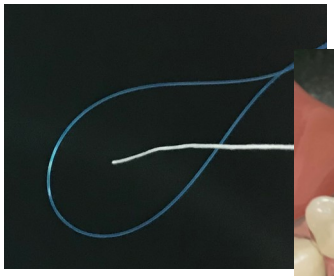
Proceed using this same technique on the opposite side of the implant tooth.

Dispose of used floss. Remember to floss remaining natural teeth.

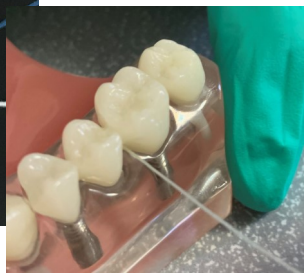
Flossing Screw-Retained Denture or Bridge

(photos top of next column)

Using a floss threader and spongy-type floss, or similar product, work the floss under the bridge or retained denture. Hugging all surfaces, move the floss side-to-side and back and forth to remove debris.



Threading floss into floss threader



Guiding floss threader under bridge

INTERDENTAL CLEANER

Using an interdental pick or interproximal brush, gently push the brush tip through the spaces between the teeth and around the implant to remove plaque and food.

WATER IRRIGATOR

Using water irrigators helps to decrease germs around the implant. This is one of the best ways to remove gross debris and food.

On low to medium pressure, hold the water irrigator tip close to the implant. Place the water irrigator tip at a 45-degree angle towards the gumline and trace around the implant crown.

To remove food from in-between teeth, use low to medium pressure and hold the water irrigator at a 90-degree angle towards the impacted food.