



# Homecare —After Implant Restoration

For your dental health.

## How to care for the new restoration on your implant

After final restorations have been placed, it's important to follow these recommendations to ensure long-term success:

### Chewing and eating

If we used an anesthetic during the procedure, avoid chewing until the numbness has completely worn off.

Avoid hard chewing and grinding because these habits can damage implants and their restorations. If this is a continuing problem, we may need to adjust the restorations or have you wear a nightguard.



*Avoid chewing until numbness wears off*

### Brushing and flossing

Brush and floss around the implants thoroughly but gently. We may also recommend special floss, brushes, mouth rinses, or other cleaning aids to keep the area free of bacteria.



*Rinse with warm salt water*

### Medication and discomfort

Take antibiotics or other medications only as directed.

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about 1 teaspoon of salt per glass of warm water. It's normal for your gums to be sore and swollen for a few days.

### About tobacco

Avoid using any tobacco products. Ideally, you should quit altogether because using tobacco increases the risk that your body will reject the implants.



*Avoid tobacco products*

### When to call us

Call us if your restorations feel loose so that we can tighten them.

Call our office if you have persistent discomfort or if you have any other questions or concerns.