



# Homecare after an Implant Restoration

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

## **Chewing and Eating**

If we used anesthetic during the procedure, avoid chewing anything 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 night guard.

## **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.

## **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 a warm salt water solution (dissolve one teaspoon of salt with one cup 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.

## **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.

Continue cleaning the other areas of your mouth, flossing daily and brushing at least twice a day as you would normally.