

Implant care instructions brochure for patients

Implant maintenance is a team effort

The European Association of Dental Implantologists (BDIZ EDI) has published an English edition of its implant maintenance brochure. In easy-to-understand language, the brochure entitled “Implants—Long-lasting implants for long-lasting beauty” offers well-illustrated instructions and general information about oral health.

Teamwork of patient and the dental office is the most important aspect of the brochure. The maintenance brochure is intended for distribution to patients by dental practices and was written to assist them in teaching their patients take care of their dental implants in the appropriate manner. The 24-page patient information brochure in A5 format consists of a general section about oral hygiene and a main section on implant maintenance—all about the right cleaning tools and their use with single-tooth implants as well as fixed and removable implant-



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supported restorations. "Good to know" provides background information on choosing the right toothbrush and using the proper brushing technique, describes the process of professional tooth cleaning and educates readers about risk factors. A checklist intends to alert implant patients to possible changes in the mouth and around the implant. This is the first English edition of the brochure, which has been completely redesigned with large images and short texts in easy language that patients can understand. The preface states: "It is up to you to ensure careful oral hygiene, and this is a prerequisite for a long implant life. Teamwork is of the essence!"

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Bibliography

Implant care brochure of BDIZ EDI for patients
Implants—Long-lasting implants for long-lasting beauty

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INTRODUCTION

Why is normal oral hygiene not good enough?

The threat of bone loss

Dental plaque is home to numerous bacteria. As long as the plaque deposits are removed at regular intervals before they cause damage to the teeth or gums, the biological balance in the oral cavity will be maintained. But as soon as the plaque bacteria multiply, there will be an increasing risk of tooth decay and periodontal disease. Severe inflammatory conditions such as periodontitis (inflammation of the gums around a tooth) or peri-implantitis (inflammation of the gums around an implant) pose a significant risk for bone loss and may cause the loss of the tooth or implant.

What tools can and cannot do

- ▶ Toothbrushes (even the most futuristic electric ones) cannot clean the teeth everywhere because they do not get into the interdental spaces.
- ▶ Dental floss, interdental brushes or toothpicks are essential (there is even "thick" dental floss especially for use around implants). They are the only way to remove the bacterial plaque between the teeth.
- ▶ Oral irrigators are of limited use around implants and certainly not a substitute for proper tooth cleaning.

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INTRODUCTION

Why do implants need particularly intensive care?

There is a natural protective barrier between each natural tooth and the surrounding gums. The transition zone between an implant and its surrounding gums can be passed more easily, so the risk is greater that bacteria can penetrate it and cause inflammation of the mucous membrane around the implant (peri-implant mucositis).

gressing, attacking the supporting jawbone and breaking it up or destroying it. The implant may work itself loose or even to fall out.

The many different types of bacteria in the mouth (in the oral cavity) will colonize implant roots in the same way as natural tooth roots.

But if you follow a few simple rules, things will not have to come this far. Proper maintenance is the be-all and end-all of implant care. You should invest a bit more time and effort than with "normal" tooth care. In this guide we show you how to maintain your implants carefully and gently.

Since implant surfaces are usually rough and may be designed in screw form (depending on the system), invading bacteria can settle down easily and will be difficult to remove even by an experienced professional. Unless it can be stopped, the inflammation will keep on pro-

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