

Daily Home Care – Implant Bar

It is very important to clean the dental implants and removable prosthesis (denture) on a daily basis.

If you are using toothpaste, use only a small amount of low-abrasive toothpaste such as Dentu Creme® which is made for dentures. This will prevent scratching the bar.

Your dental implants and dentures must be thoroughly cleaned daily to maintain oral health and to provide you with long-term success. It is recommended to follow a routine each time you clean your implants, bar and dentures, to ensure that all surfaces are cleaned.

Important areas to clean:

- Abutment posts (the metal posts attaching the bar to your jaw)
- The bar and attachments on the bar
- Areas around the gums
- The dentures
- The attachments inside of the implant denture

Annual Professional Cleaning

It is highly recommended that you have the implants and bar professionally cleaned by a Dental Hygienist at least annually.

If you notice a build-up of white/yellow material (calculus) on the bar or implants before the one year mark, then you need to see a Dental Hygienist for an earlier cleaning.

The dentist/surgeon who placed your implants normally has a Dental Hygienist on staff who can complete this professional cleaning for you. If not, we would be happy to refer you to a Dental Hygienist.

Step-by-step guide ¹

1. **Brushing the prosthesis**

Clean the prosthesis and its attachments carefully, including the underneath area, using a denture brush or a regular toothbrush. A power brush can be a good alternative and an easy-to-handle complement.



Other important areas to clean are the gum side of the prosthesis, where the attachment fits over the bar or ball abutments.



2. **Brushing the bar abutment**

Clean the gum side surface using a soft regular toothbrush. Additional attention should be paid to the abutment posts and bar in the mouth.

Note: Never use a denture brush in your mouth.

A Waterpik™ can be useful also for this type of cleaning.



End-tufted brush

A soft end-tufted brush (interspace brush) is suitable for cleaning the areas around the abutment posts.

A Waterpik™ can be useful also for this type of cleaning.



¹ Courtesy Dentsply Implants: www.implantsforlife.com

3. Interdental brush

The use of an interdental brush (interproximal brush) helps in cleaning the sides of the abutment posts and the surface of the bar. An interdental brush with plastic-coated threading is recommended. Ask your dentist or dental hygienist for advice on the technique, size and shape for your brush.



Note: Never use toothpaste in combination with the interdental brush.

A Waterpik™ can be useful also for this type of cleaning.

4. Floss

Clean the abutment posts by passing floss (thick floss) around them. "Shoe-shine" the posts by passing the floss from side to side, polishing from top to bottom and allowing the floss to slip under the gumline. Follow this procedure for each abutment post. Make sure to pass floss around the bar with vertical movements.



Please note that some implant manufacturers and dental healthcare providers are no longer recommending flossing of the implants. Floss can be used on the bar, but limited if any on the implants by the gum, and if any, very light pressure. Please consult with your implant placing surgeon or hygienist's for their position on flossing.