

Rehabilitation with Implants – Fixed Complete Denture (Hybrid)

HOME CARE RECOMMENDATIONS

1. Adaptation period

- a. Your current oral condition is unique. The experience of other denture patients' occurred under different circumstances and should therefore not be compared.
- b. Getting use to your new teeth will take time. Be careful when eating for a week or so. You may bite your tongue/cheeks when eating with the new teeth. To avoid this, spend a day or two eating softer foods to get familiar with the new situation.

2. Oral Hygiene Recommendations: ***BRUSH – RINSE – IRRIGATE***

- a. Care of remaining natural teeth or removable dentures should continue as directed. Bacteria from these areas may cause problems with the implants if not controlled.
- b. Daily cleaning of the 'Hybrid' restoration is critical. Contrary to popular belief, implants do NOT always last forever. The best way to help avoid these problems and protect your investment is to keep the teeth, gums, and area around the implants as clean as possible. Not smoking significantly reduces problems as well.

DAILY BRUSHING (1 of 3 steps): The teeth should be brushed after every meal, generally three times per day, using the following toothpaste (recommendation varies):

Biotene Crest Pro-Health Crest/Colgate Tom's (Fluoride Free) Other
Whichever is used, it should be PLAIN and NOT say 'whitening' or 'tartar control'

Brush using a circular motion focusing where the hybrid and your real gums meet. This area is where the plaque will tend to collect. You should FEEL the bristles around, under, and along your own gum tissue. One session should take at least 2 minutes. Typically, the most difficult to reach area and the one that is missed the most, is the inside area behind the front teeth. This requires holding a normal toothbrush vertically so the bristles point where the gums meet the hybrid. In most cases, we will give you a special 'tuft' ended brush that is bent specifically to reach this area.

DAILY RINSING (2 of 3 steps): To help keep 'bad' bacteria under control, we recommend that you rinse once a day. The rinse is best used after the mouth has been brushed cleaned just prior to bedtime. Use one of the following mouthwashes:

Listerine	Essential Oil mouth rinse	If dry mouth is NOT a problem
Colgate	Total <i>Alcohol Free</i>	If dry mouth IS a problem
Crest	Prohealth <i>Alcohol Free</i>	If dry mouth IS a problem

WEEKLY IRRIGATION/FLOSSING (3 of 3 steps): It is important to reach deeper and disinfect around the gums and implants from time to time. At least once per week (more often is better), you should either floss or use a waterpik to remove the plaque/bacteria from under the gums and around the implants.

Flossing: If you are physically able, use OralB ‘superfloss’ to clean under the hybrid. The stiff end works as a ‘needle’ to thread under the bridged areas between the implants. The thicker pipe-cleaner-like surface should be run along the underneath surfaces. We typically show you how this works and give you a pack to try.

Irrigation with Waterpik: These are the best alternative if it is too difficult for you to use superfloss. The waterpik is typically safest on the LOW setting. The tip should be directed between the hybrid and your actual gums. Move the tip forward and back spending more time around the implants themselves front and back. You may use the alcohol-free rinses listed above in the waterpik for greater effect.

- 3. High-risk Patients:** Most of our patients benefit from a greater reduction in the bacteria around the implants with the following diluted bleach solution used in the Waterpik or in a small plastic syringe we provide to you. This solution is sprayed specifically around the implants (not just under the hybrid) into the area between the gum and the implant. Remember to keep the waterpik on LOW.

Recommended Solution:

½ TEASPOON (2½ ml) of Bleach (NaOCL), eg. Clorox Regular
DILUTED by mixing in
16 Ounces (500 ml, 2 Cups) of plain WATER

This dilution requires you begin with regular 5% bleach, do not purchase concentrated formulas. Mix a new batch each time it is used. Place this freshly mixed solution into the waterpik reservoir and irrigate around the implants for 1 full minute. Allow the excess to be spit out and not swallowed. Once done, empty any liquid left in the reservoir and run it again for a few moments with plain water to not leave bleach within the gears (this can corrode the delicate parts of the waterpik over time).

4. Professional cleanings and re-evaluation visits:

- a. All prosthetic dental patients should visit their dentist at least once per year to help maintain their oral health. Most of our patients require visits for professional cleanings more frequently based on their level of risk for future problems.

5. Wearing down of the plastic teeth:

- a. Once comfortable, these teeth are capable of chewing foods very similar to real teeth. Keep in mind however, that very hard foods can damage the hybrid just like real teeth. Certainly, chewing on very hard things like ice is a bad idea.
- b. As we have noted, if the hybrid was made with plastic teeth they will wear out over time. Plan on needing to address the worn-down plastic after about 7 years. Harder diets, few opposing teeth, and rougher opposing teeth (like old porcelain crowns) will create more wear and the plastic will not last as long.

Thank you to Dr. Paul Fletcher – periodontist, New York for his work on many of the protocols used in this summary