

Caring for
your implants



Healthy gums, happy implants

The number of dental implants is growing every year, improving the quality of life for many people. But implants and the surrounding tissue need just as much care as natural teeth – if not a little more. Use this leaflet to learn about keeping your implants healthy and prevent problems.

What is a dental implant?

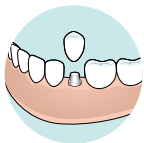
A dental implant consists of a screw that is placed in the jawbone and a crown, which looks like a natural tooth and is anchored to the implant. Dental implants are one of the best ways to replace missing teeth.

There are different types of implant constructions:



Implant-supported bridge

Several teeth are replaced with a bridge, anchored to implants. Sometimes includes artificial gum tissue for cosmetic reasons.



Single implant

A crown anchored to an implant.



Overdenture

A removable denture anchored to the implants.



You and your dental professional – a good team

It can be difficult to achieve good plaque control. A good strategy is to follow the instructions developed just for you by a dental professional. You'll need a regular toothbrush, an interdental brush and/or floss and most likely a specialty brush. It's important to clean all surfaces of your implants and the implant construction daily, and to see a dental professional regularly.

Healthy gums around implants

Healthy gums are pink and do not bleed or hurt when you clean around your implants.



Healthy pink gums



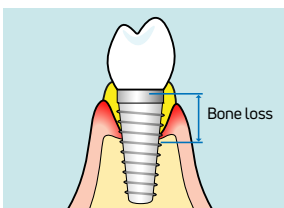
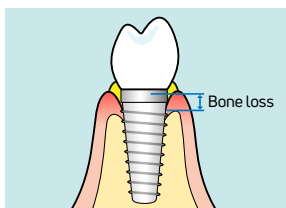
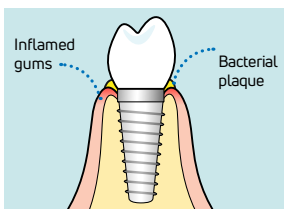
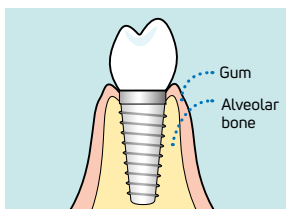
Inflamed gums

Inflammation around the implant

The gums and bone around an implant are far more sensitive to plaque, the build-up of bacteria, compared with a natural tooth. The area where the implant meets the gum is especially important to keep clean. If plaque builds up along the gum line, gums will become inflamed rather quickly. This might look red and swollen, but it isn't always obvious. Your gums might become sensitive and even bleed when you clean around the implants. This inflammation is called peri-implant mucositis. It is reversible, but will require some treatment and optimal oral hygiene.

Breakdown of the supporting bone

If plaque is not removed, inflammation can go on to affect the bone that supports your implants (the alveolar bone). The bone will start to break down and the implant will lose part of its attachment. This stage is called peri-implantitis. Without treatment, the process will continue with more bone loss. There might be redness, swelling, bleeding and pain, but it could also go unnoticed. Peri-implantitis is very difficult to treat and it's important to discover problems as early as possible to increase the chance of successful treatment. Poor oral hygiene, previous or active gum disease, some systemic diseases, smoking and not seeing your dental professional regularly can increase the risk of peri-implantitis.



The development of inflammation around implants.

Every space matters

Using an interdental brush is the most effective way to clean the sides of your implants and the spaces around them. Your implant construction should allow for easy cleaning around the implants. Ask your dental professional to show you where the implants are located and for help choosing the right brush sizes. You usually need more than one size.



Brush back and forth a few times next to each implant. Use a mirror to make sure you clean all spaces. Rinse the brush under water as needed.



The implant-based supporting structure also need cleaning if you have an overdenture.

Implant care kit

Toothbrushes

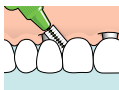
A toothbrush with a small brush head makes it easier to reach irregular implant surfaces.

TePe Supreme™ (1) combines short and long, tapered bristles for better access. Comes in two sizes, regular and compact.

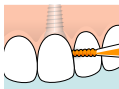
Cleaning between teeth and implants

To reach the sides of the implants, an interdental brush is often the best tool.

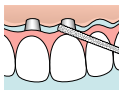
TePe® Interdental Brush/TePe Angle™ (2) is the most efficient, user-friendly device for plaque removal.



TePe EasyPick™ (3) is convenient for basic oral care on-the-go.



TePe® Bridge & Implant Floss (4) is suitable for single implants and implant-supported bridges. Coated with a spongy portion that removes plaque around the dental implant crown.



Specialty brushes

The area where the implant meets the gum is the most important to clean. A specialty brush will help you clean the hard-to-reach areas.

TePe Compact Tuft™ (5) has a firm rounded tuft which is ideal for precision cleaning.



TePe® Implant Orthodontic (6) has a slim brush head for easy cleaning of the outside implant surfaces.



TePe Universal Care™ (7) has an angled neck which reaches the implant surfaces from the inside.





TePe® Denture Care (8) for efficient cleaning of a removed overdenture. Should not be used inside the mouth.



Extra protection

TePe® Gingival Gel contains chlorhexidine, which fights plaque, and fluoride that strengthens the tooth enamel and helps prevent tooth decay. For more bacteriabeating advice on the use of Gingival Gel – ask your dental care professional.

Toothpaste

TePe Daily™ toothpaste, 1450 ppm, mild peppermint, gentle foaming.

Products for your gums



Supreme



Supreme Compact



Original

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm
- ☐ 1.3 mm
- ☐ 1.5 mm



Extra soft

- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm
- ☐ 1.1 mm

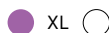
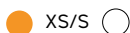


Angle

- ☐ 0.4 mm
- ☐ 0.45 mm
- ☐ 0.5 mm
- ☐ 0.6 mm
- ☐ 0.7 mm
- ☐ 0.8 mm



Easypick



Compact Tuft



Implant Orthodontic



Denture Care



Universal Care



Gingival Gel



Bridge &
Implant Floss



TePe Daily



TePe Pure
(Mild peppermint)



TePe Pure
(Unflavoured)



Go to www.tepe.com to learn
more about dental implants

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