



How to instructions

How to clean around an implant

Dental implants are a great way to replace missing teeth, but they are susceptible to failure over time due to poor hygiene and bacterial infection of supporting gum and bone. Diseased gum and bone will result in a lack of integration or grip on the implant,. Gum pocketing and food trapping can also occur in the same way natural teeth are effected. Therefore, it is necessary to maintain implant health through regular brushing and interdental cleaning.

For an implant supporting a single missing tooth, the principle is the same as cleaning a natural tooth.

1. Use a soft-headed small brush (ideally electric) to gently clean around the visible part of the replacement tooth on the implant (known as the crown) while pushing the bristles below the gumline, without vigorous scrubbing.
2. Use small headed, end tuft brushes
3. Using an interdental brush, matched to the size of space (not too big that it causes trauma and not too small that it passes through with little resistance), is a more efficient way of cleaning around your implant or between any natural teeth.
4. **Implant-safe floss can be used in a similar way to [normal floss](#).** needs to be pulled down in between the teeth, holding it against the surface of the implant and pulling it below the gumline. You will notice that the floss may look like it disappears well under the crown, and this is an important area to clean gently. This is often because the implant screw is much narrower than the crown, meaning that it can be a little bit like a lollipop or a mushroom with a thin stalk but a wide top. The emergence or step-out in this area can result in spaces that are more prone to trapping food and bacteria.

Lastly, an oral irrigator (water flosser) may be a handy way of quickly washing out a space. Regular cleaning and inspection of implants by dental professionals is essential.