

HOW TO MAINTAIN AND CARE FOR YOUR DENTAL IMPLANTS?

Are you someone who recently got dental implants and is looking for the best options to care for full mouth dental implants near me?

If yes, then you are in the right place. In this article, you will read about the best ways to care for your dental implants. When dental implants are taken care of with proper home oral hygiene and routine visits to your dentist, they can last a very long time. To preserve your general health, it is essential to start or continue a daily brushing and flossing routine in addition to making wise lifestyle decisions. You must now take care of the investment that you have made. Continue reading the article.

Use soft-bristled toothbrushes.

One should never use a hard-bristled toothbrush. These toothbrushes damage the enamel of teeth and are especially bad for dental implants. The surface of implants gets scratched easily by toothbrushes with hard bristles, which results in irreparable damage. So, using soft-bristled toothbrushes is essential after getting dental implants. Their bristles are pliable and soft, so you won't damage your implants.



Avoid abrasive toothpaste.

Any type of abrasion will damage your implants. Therefore, use only specially low-abrasive toothpaste. Regular toothpaste is usually very abrasive because it has to scrub away plaque and discolorations; however, too much abrasiveness wears away enamel and dental [full mouth implants near me](#).

Floss daily.

Flossing keeps food particles and plaque, which often get stuck between teeth, from remaining there. This is important since such stuck food and plaque cannot be removed by simply brushing. If you have dental implants, it's more important than ever to floss. Plaque to build around your implant means bad news for your oral health. It's about time you started using implant-friendly floss. You should floss every day with unwaxed tape or another kind of floss designed for implants.

Maintain Good Oral Hygiene

With dental implants, you should be able to brush your teeth no less than twice a day. Always keep in mind that you need to use non-abrasive products to keep your implants in service for a long time. You must have at your disposal a soft-bristle toothbrush, sensitive toothpaste, non-alcoholic mouthwash, and implant-specific floss. Keep away from baking soda, bleach, and chlorine cleansers since they may weaken or even permanently damage your implants.



Avoid hard, hot, or sticky foods.

Hard food can crack or fracture your implants and, therefore, should be avoided. Similarly, sticky foods can hang around your implants and encourage plaque formation.

If you have implants, try to avoid ice, hard candies, hardshell tacos, potato chips, carrots, apples, crusty bread, caramel, dried fruits, and steak. Finally, hot water or hot food products, like soups, can cause your implants to become misshapen in form.

Limit alcohol consumption.

Alcohol has a high sugar content, which, as we said before, acts as a catalyst for tooth decay in natural teeth. However, it's just as bad for your dental implants.

Not only will it speed up the formation of plaque, but it also has the added disadvantage of slowing down your healing process after your dental implant surgery.

So, it is essential to avoid drinking alcohol for at least the first six months following your dental implant surgery.

Quit smoking.

Smoking is, in particular, very bad for oral health. When considering [all on x implants](#), smoking will severely slow down healing. It inflames and weakens the gum around the implant, too. Smoking will also discolor your new implants.

Visit your dentist regularly.

Regular visits to your dentist are critical to your mouth's health. At least twice a year, visits to your dentist keep plaque and tartar at bay and let you identify any developing issues early.

Last but not least

This article has stated all the major things that can help you maintain the implants. Pre-existing medical disorders can have an impact on the success, complications, and longevity of **full arch dental implants near me**.