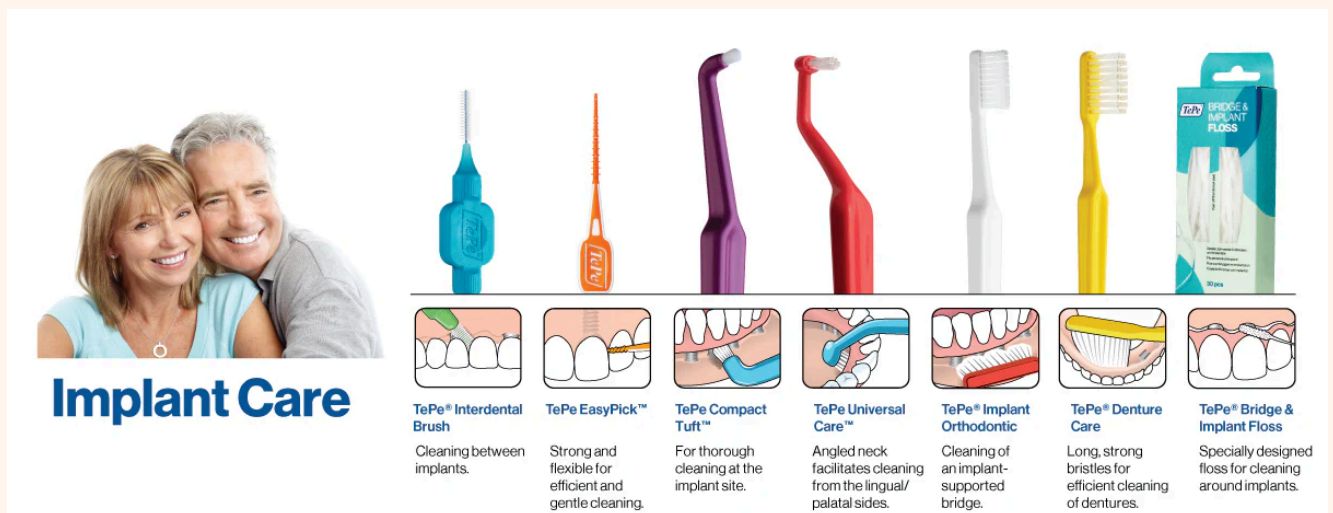


BASICS TO DENTAL IMPLANTS

Benefits for Dental Implants -

- Use for biofilm reduction
- gingival health



Care for dental implants -

- Brush your teeth twice a day with soft-bristled toothbrush
- Low-abrasive toothpaste
- Floss daily or use water flosser
- Avoid hard foods that can damage the implants



Purpose/indications for use -

- Soft-bristled toothbrush: Gently cleans implants and surrounding gums without damaging the implant's crown
- Water flosser: Cleans hard-to-reach areas around implants
- interdental brushes: these brushes are small and designed to clean between teeth and implants
- rubber-tip stimulators: gently massages the gum tissue around implants to promote blood circulation and reduce inflammation

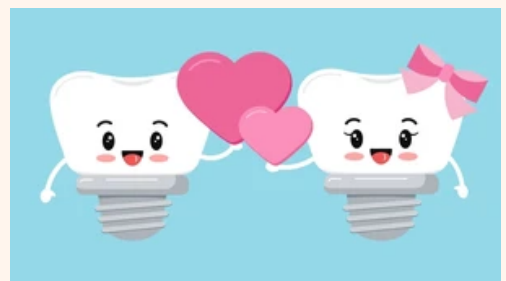
<https://www.youtube.com/watch?v=mEelkcTkmLQ>

Where to get/Cost:

- Available at most drugstore or online
- dental offices
 - Soft- bristled toothbrush: \$1-5
 - Water flosser: \$40-100 (waterpik/oral B brand)
 - Rubber-tip stimulators: \$10-25

Caution:

- avoid aggressive brushing
- be careful with flossing
- avoid excessive rinsing or harsh chemicals



Limitation:

- higher maintenance, need specialized tools like interdental brushes, water flossers, or implant specific floss



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