



- Providing quality dental care in Woodbury for 36 years
- Awarded "top Dentist by Mpls/St Paul magazine every year since year the survey began 23 years ago
- Fellowed with the American Academy of Cosmetic Dentistry (one of 90 dentists in the world)
- Diplomate of the American Society of Dental Aesthetics (one of 60 dentists in the world)
- Skilled in complex dental needs

Montgomery Dental Care



GUIDE TO CARE FOR DENTAL IMPLANTS

Adhere to the following ways to protect your oral implants:

1. Adhere to Post-Operative Dental Implant Instructions.
2. Keep Your Routine Dental Appointments.
3. Diligently Brush, Floss, and Rinse.
4. Limit Hard and Sticky Food Intake.
5. Quit Smoking and Excessive Alcohol Use.
6. Keep Post-Implant Surgery Swelling to a Minimum.
7. Alert Your Dentist if Concerns Arise.

Below are several ways to care for one or more dent

al implants so they can continue to give you the smile of your dreams. Extra care during the first 3-4 days post-implant placement is especially important.

1. Adhere to Post-Operative Dental Implant Instructions

After dental implant surgery, you will receive a comprehensive list of post-operative recommendations. These will include everything from what food to eat to what not to do, such as using tobacco products for several weeks. It's crucial to follow these instructions to the letter, as they are tailored to your specific needs and are designed to ensure a smooth recovery and the long-term success of your implants. If you have any questions or need further clarification, don't hesitate to call your dentist.

2. Keep Your Routine Dental Appointments

Regular, scheduled oral health checkups ensure that no hidden issues occur. Dental implants are highly regarded as sturdy and dependable, yet it is best to have them checked by your implant dentist twice a year. Your dentist evaluates everything from teeth, gums, surrounding bone health, inner cheeks, and tongue. Your dental cleanings and checkups are your best means of early intervention that keeps your oral health and implant costs in check.

3. Diligently Brush, Floss, and Rinse

This is essential to ensure that your implant investment will keep giving back. The value of simple, proper, and thorough daily brushing and flossing cannot be overstated. If your dentist recommends an oral rinsing product, follow instructions diligently. Like all positive routines, once a healthy self-care routine is established after receiving dental implants, this home maintenance becomes easy.

4. Limit Hard and Sticky Food Intake

Some people struggling to overcome habits of biting their nails, chewing on ice, or favoring hard foods are more at risk of damaging their dental implant restorations. Either can cause damage, which means potential additional dental appointments for repairs or replacement. In the first few weeks after implant placement, avoid sticky and hard foods that could disturb the implant(s) placed in your jaw. Popcorn, hard candies, peanuts, caramel, seeds, and hard nuts are food to avoid temporarily.

5. Avoid Smoking and Excessive Alcohol Intake

Moderation is the key to much of daily living. However, smoking can not only disrupt your dental implant healing process, but it also compromises your bone structure and how the implants fuse with the bone.

6. Monitor Post-Implant Surgery Swelling

It helps to minimize swelling around the implant to speed up your recovery. It may help to use an ice pack. Swelling often peaks by the third to fourth day; then, it starts to subside. Apply an ice pack to one side of your face for 10 minutes; transfer it to the opposite side for 10 minutes. Continue icing your jaw for at least 24 hours.

7. Alert Your Dentist if Concerns Arise

Call your dentist if the soft tissue surrounding your dental implants becomes red, swollen, or irritated in an unusual event. The sooner loose dental implants are fixed, the better. Dental patients experiencing peri-implantitis typically respond to treatment when solutions are implemented early. As with all oral health, it involves a close relationship with a trusted dentist.

For more information
call 651-738-1880