

# Home Care Instructions

## Implant-Retained Dentures and Partial Dentures

Congratulations, you have just received your new implant-retained denture or overdenture! In order to protect your investment, it is important to have good home care for both the denture and the implants. The following points will help ensure your success:

- **Remove your denture and clean it thoroughly** and gently using a denture brush and toothpaste.
- **Brush the implants** with a toothbrush and toothpaste at least once a day. Plaque can build up on the implants just as it does on your teeth and *implants can still get gum infection*.
- **Leave the denture out at night** to give your gum tissue a rest from being covered. Soak the dentures in a denture bath with clean water and a cleansing tablet. (Cleansing tablets can be purchased at your local pharmacy or grocery store).
- **Keep hygiene visits** with our office at least **every 6 months**. In addition to checking your mouth for infection and oral cancer during these hygiene visits, we will evaluate the fit of the denture, integrity of implants and condition of the o-rings.
- **Replace O-rings** as needed. The O-rings attach your denture to your implants. They usually are either blue, pink or clear and last about 6-8 months before they wear out.

You may notice that the denture is loose and does not “snap” into the implants. Please call us if you notice this so we can evaluate if the O-rings need to be replaced; this service can easily be done in the office.

Again, **you made a great investment in yourself!** Please do not hesitate to reach out to us with any questions you may have. Our experts are here to help you.

