



Caring for your implants





Care for your dental implants just as well as you would care for your natural teeth. Thorough oral hygiene is necessary to prevent diseases around the implants.

With proper home care and regular professional maintenance, you can keep your new teeth throughout life.

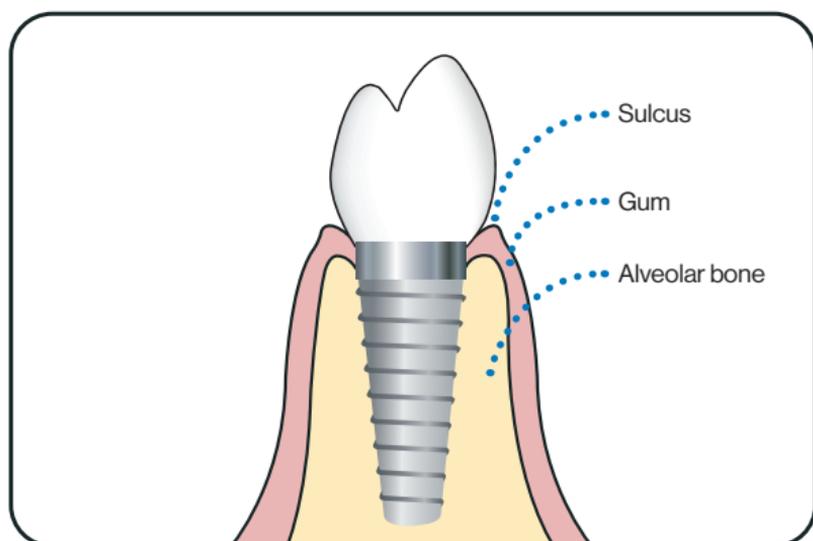


What is peri-implant disease?

Healthy gums



Healthy gums do not bleed or hurt when you clean around your implants.



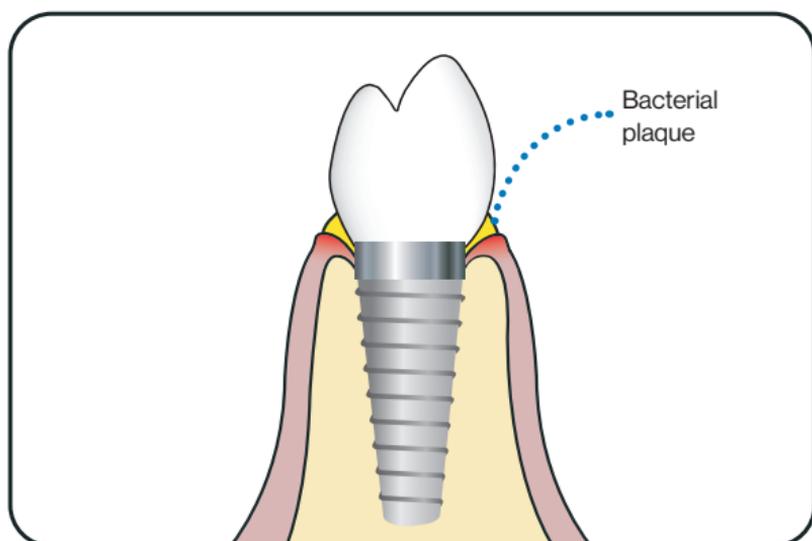
The implant is attached to the bone (osseointegration). The gum tissue covers the bone and is formed around the implant like a collar. The small crevice between implant and gums is called the sulcus.

| | |
|---------------------------------|---|
| Osseointegration = | fusion of the implant surface with the surrounding bone |
| Peri-implant mucositis = | gum inflammation around implants |
| Peri-implantitis = | gum inflammation and loss of bone around implants |

Peri-implant mucositis

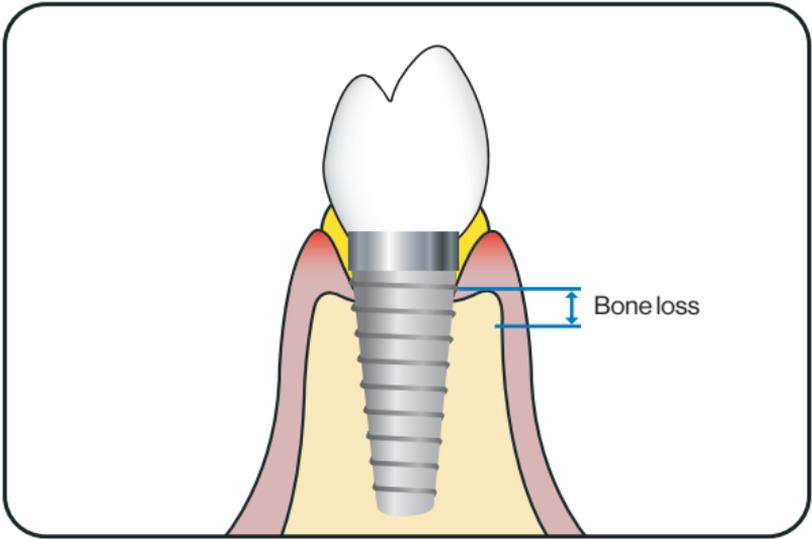


Peri-implant mucositis means that there is an inflammation in the gums around the implants. This disease causes redness and swelling, but is not always very obvious. Your gums can be sensitive and even bleed when you clean around your implants.

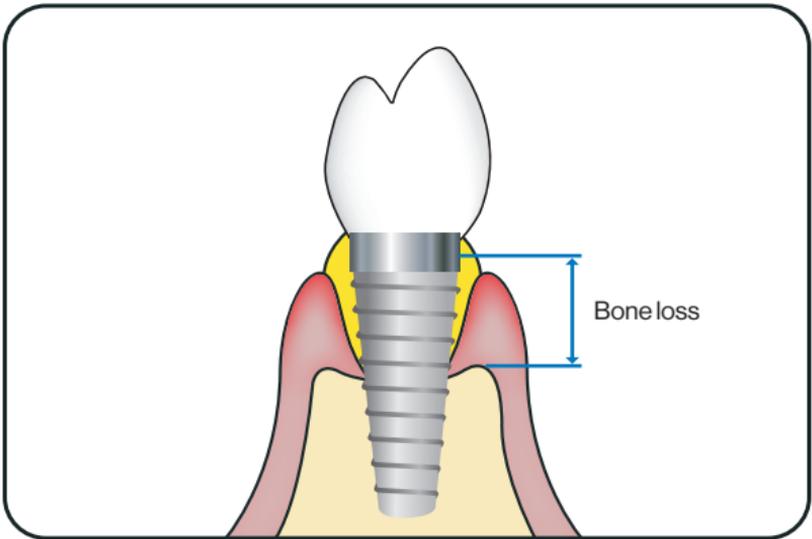


Bacterial plaque is a sticky film that constantly forms on your teeth and implants. If you do not clean them properly, the plaque builds up on the implants, especially along the gumline, and can cause gum inflammation (peri-implant mucositis).

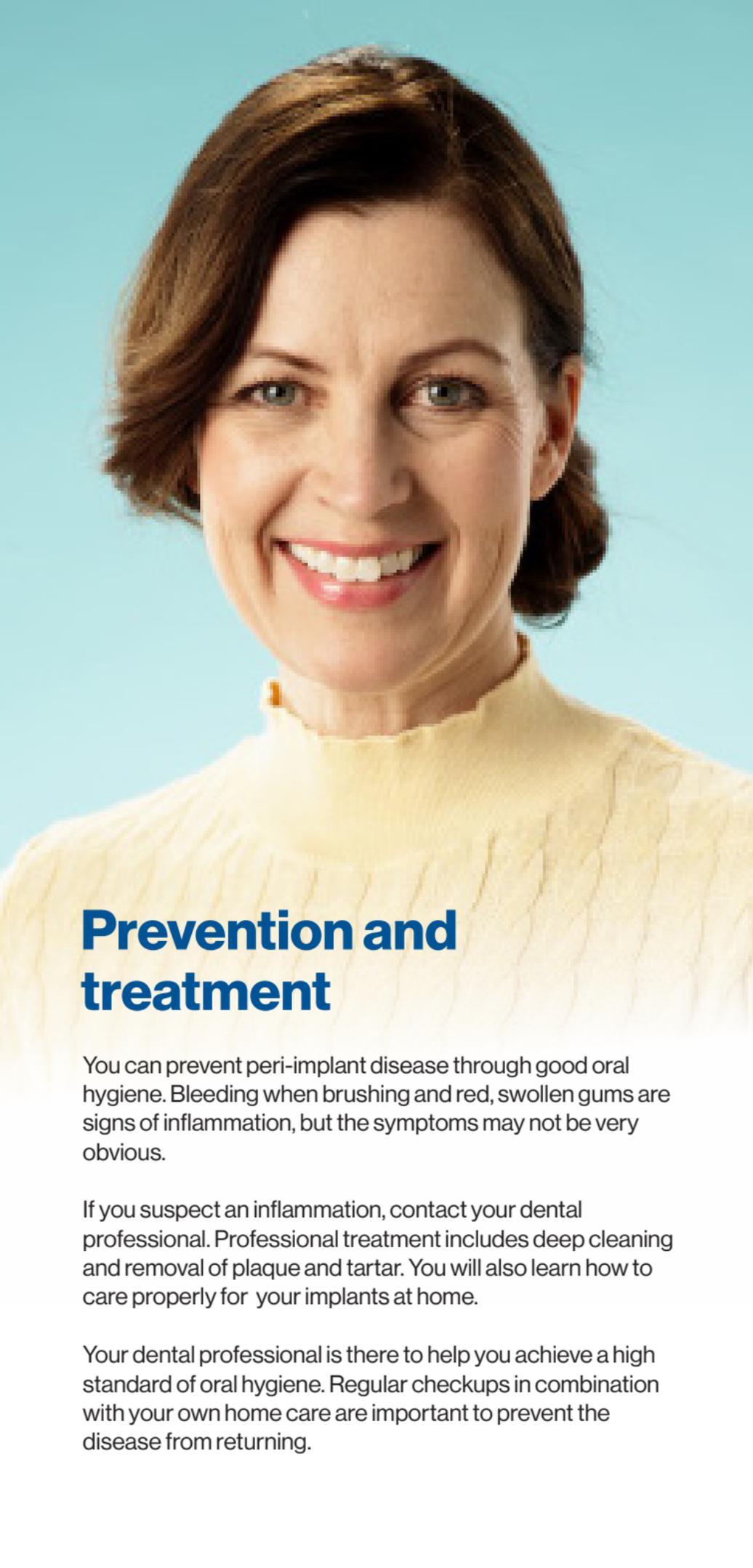
Peri-implantitis



If the plaque is not removed it continues to grow in the sulcus, where it is impossible to reach with a toothbrush or interdental brush. The plaque hardens into tartar which has a rough surface that attracts more plaque. In time, the bone around the implant will start to break down, meaning that the implant gradually loses its attachment. The peri-implant mucositis has developed into peri-implantitis.



This disease often goes unnoticed and without pain. It is important to get professional treatment to stop the process. Without treatment, the bone loss will continue and the implant may eventually lose its bone support. Factors like poor oral hygiene, previous tooth loss and smoking heighten the risk of peri-implantitis.



Prevention and treatment

You can prevent peri-implant disease through good oral hygiene. Bleeding when brushing and red, swollen gums are signs of inflammation, but the symptoms may not be very obvious.

If you suspect an inflammation, contact your dental professional. Professional treatment includes deep cleaning and removal of plaque and tartar. You will also learn how to care properly for your implants at home.

Your dental professional is there to help you achieve a high standard of oral hygiene. Regular checkups in combination with your own home care are important to prevent the disease from returning.

Cleaning different types of implants

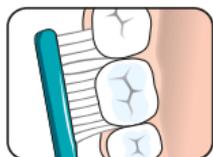
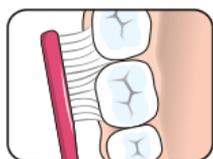
There are various types of implants which may need different home care. TePe offers a range of products to make cleaning easier. Your dental professional will help you choose the products to suit your particular needs.

Implant-supported bridge



Toothbrushes

Choose a toothbrush which enables easy reach of the irregular implant surfaces, for example TePe Select™ Compact, with a small brush head. TePe Supreme™ has shorter as well as longer filaments to reach further in between the implants.



Special brushes

You may also need a special brush to be able to clean the area where the implants meet the gums. TePe Universal Care™ has an angled neck which reaches the implant surfaces from the inside. TePe Implant Brush has a slim brush head for easy cleaning of the outside implant surfaces.



- Implant-supported bridge** = several teeth are replaced with a bridge, anchored to implants. For cosmetic reasons artificial gum tissue can also be a part of the bridge.
- Single implant** = a crown anchored to an implant.
- Overdenture** = a removable denture is anchored to the implants with snap-on buttons.



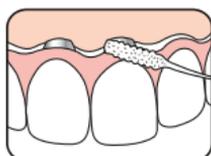
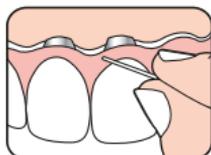
Single tufted brushes

A single tufted brush is ideal for precision cleaning of areas where it is difficult to reach. TePe Compact Tuft™ has a firm rounded tuft. TePe Interspace™ has a slim pointed tuft and the brush tip can be replaced.



Floss

TePe Bridge & Implant Floss is made of an elastic material, which makes it easier to clean where space is limited. Insert the floss between the implant bridge and the gums using the stiff end. Clean the sides of the implants as well as the area where the implant construction meet the gums.

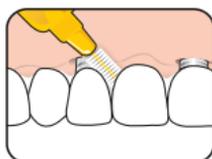


Interdental brushes

Toothbrushing cleans the outside and the inside of the implant surfaces. To reach the sides of the implants, an interdental brush is often recommended. TePe's interdental brushes are available in different sizes, texture and design to fit individual needs. The handle gives a comfortable grip and all sizes have plastic coated wire for safe use.



TePe Interdental Brush **original**



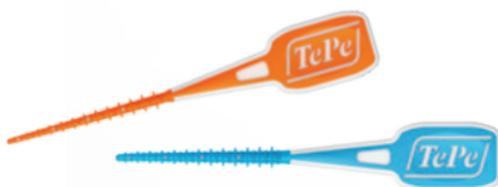
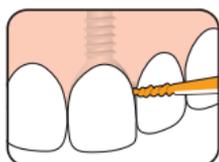
TePe Interdental Brush **extra soft**
Suitable for sensitive gums.



TePe Angle™ is an interdental brush with an angled brush head for easy reach between the back teeth and from the inside. The long and flat handle gives a steady grip.

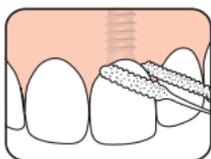
TePe EasyPick™

TePe EasyPick™ is an easy way to clean between your teeth. Silicone coated for gentle and efficient plaque removal. Available in two conical sizes to fit narrow to large interdental spaces.



Single implant

Use a regular toothbrush for cleaning all your teeth including the implant. Pay extra attention to the area where the implant and gums meet (it might be under the gum line).



Floss

For efficient cleaning of the implant, TePe Bridge & Implant Floss can be suitable. If the interdental space is bigger, an interdental brush can be a good option. You may also need an additional brush especially for the implant.



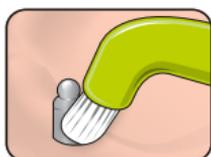
Overdenture

With a removable overdenture it is easy to clean properly thanks to good accessibility and sight.



Single tufted brush

TePe Compact Tuft is ideal for cleaning around implant abutments of different shape and design.



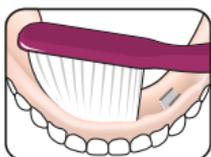
Interdental brush

Use an interdental brush under the connecting bar.



Denture brush

For efficient cleaning of the removed overdenture, use TePe Denture Brush with long and extra strong filaments.



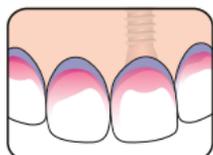
For a better grip, angle the neck of the brush.

Check your brushing technique

Plaque is difficult to see, especially between and on the inside of implants and teeth. Using a disclosing tablet is an easy way to check if all areas have been properly cleaned. TePe PlaqSearch™ colours old and new plaque, which makes it obvious where you are missing. Ask your dental professional before use.



Red colour shows new plaque and blue old plaque.

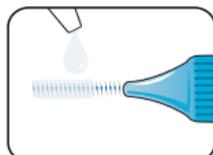


Antibacterial gel

TePe Gingival Gel is antibacterial and has an antiplaque effect. The gel has a refreshing mint flavour and contains no alcohol or abrasives. It is easy to apply with an interdental brush or a toothbrush.



Drip the gel along the interdental brush...



...or use the cap as a bowl to apply the gel.

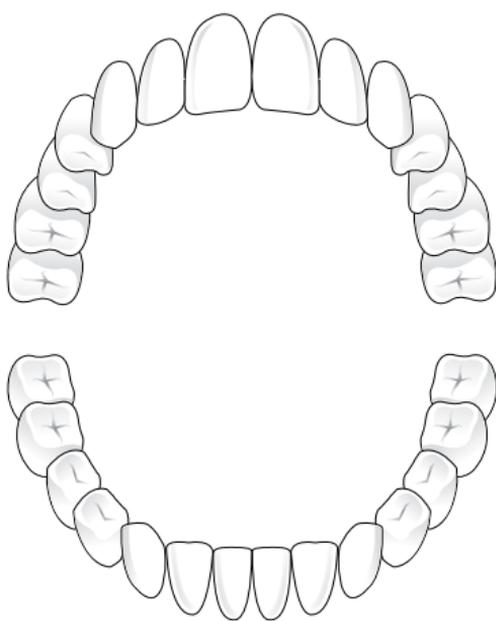


Make your implants last for life

Take good care of your implants and treat them just as well as you would treat your natural teeth. Pay extra attention to the surfaces where the gums and implant meet. If this area is kept free from plaque, you have every chance of keeping your implants for life.

Your dentist/hygienist can advise what cleaning devices and techniques best suit you and your particular type of dental implant.

Your implants:



Ask your dental hygienist/dentist to mark where your implants are placed.



We care for healthy smiles

Interdental brushes



Original

- 0.4 mm
- 0.45 mm
- 0.5 mm
- 0.6 mm
- 0.7 mm
- 0.8 mm
- 1.1 mm
- 1.3 mm
- 1.5 mm



Extra soft

- 0.45 mm
- 0.5 mm
- 0.6 mm
- 0.7 mm
- 0.8 mm
- 1.1 mm



Angle

- 0.4 mm
- 0.45 mm
- 0.5 mm
- 0.6 mm
- 0.7 mm
- 0.8 mm

Floss

- Bridge & Implant Floss



TePe EasyPick™

- Orange XS/S
- Turquoise M/L



Additional products

- Gingival Gel



- PlaqSearch



Toothbrushes

- Select Compact



- Supreme



Special brushes

- Universal Care



- Implant Brush



- Compact Tuft



- Interspace, soft



- Interspace, medium



- Denture Brush



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