

**SMILEORA DENTAL CARE**  
**Anil Mehta, DDS**  
**(860)265-7890**

**POST OPERATIVE INSTRUCTIONS FOR IMPLANT PROTHESIS**

**DURING APPOINTMENTS:**

- ❖ Your abutments are cleaned, and any needed adjustments or repairs are made to the prosthesis.
- ❖ Your implants and the health of your jaws and gums are checked. You will also have x-rays to evaluate the bone around the implant.
- ❖ Your teeth are cleaned to maintain good oral health.

**TO KEEP FEELING SECURE:**

- ❖ Avoid chewing on hard objects like ice or popcorn kernels.
- ❖ Control health problems such as diabetes.
- ❖ Stop smoking
- ❖ Contact your dental team if you notice any problems with your implants or prosthesis.

**BRUSHING AFTER MEALS:**

- ❖ Brush your teeth, prosthesis, and abutments after every meal and at bedtime. You should also brush the gum line and the gum around your abutments. Be sure to call your restorative dentist if you have trouble cleaning your prosthesis or abutments.

**REMOVABLE PROSTHESIS**

- Remove the prosthesis and brush it inside and out. Also, brush your gums and abutments while the prosthesis is out of your mouth.
- After removing the prosthesis, floss around the abutments.

**FIXED PROSTHESIS**

- Brush the top and back of a fixed prosthesis as if you were brushing natural teeth. Brush your gums and abutments too.
- With a fixed prosthesis, floss the abutments from the front, sides and back.

**FLOSSING DAILY**

- ❖ Flossing is important because it cleans areas a toothbrush can't reach. Floss between your teeth and around your prosthesis at least once a day. For best results, you should also floss up and down along the abutments.