

Caring for Your Dental Implant

Long-Term Home Care — Take-Home Instructions

An implant itself can't get a cavity — but the gum and bone around it can still get sick without the right daily care (called peri-implant disease). Good hygiene is what keeps an implant healthy for decades.

Brushing

Twice a day with a soft-bristled brush, just like a natural tooth — an electric toothbrush often reaches the area more thoroughly.

Flossing / Interdental Cleaning

Clean between the implant and its neighbors every day with floss, an interdental brush sized to the gap, or a water flosser — whichever you'll actually use consistently.

Watch For (Signs of Peri-Implant Disease)

- Gum swelling, redness, or tenderness around the implant.
- Bleeding when you brush or floss near it.
- A persistent bad taste or odor localized to that area, or visible pus.

Regular Check-Ups Still Matter

Keep up with your recommended check-up schedule — these visits catch early gum inflammation before it becomes a bone problem.

■ Biggest risk factors for implant problems

Smoking and inconsistent daily hygiene are the two biggest risk factors for peri-implant disease progressing to bone loss.