

Congratulations on your new smile! You have made a great investment in both your oral and overall health. In order to get the most out of your new restoration, it is very important that you take excellent care of it. While your new teeth give you new freedom to eat more, they can still break just like real teeth. The best way to help ensure the longevity of your restoration is to regularly follow these guidelines. *The more you adhere to this list, the less chance you will need a repair.* Here is a list of things to know as you regularly maintain your new set of teeth:

Regular hygiene *is required* for long-term maintenance of your new teeth.

Maintenance includes:

- ✓ AVOID REGULAR TOOTHPASTE or other abrasive cleaners
- ✓ You may use an oral rinse as prescribed by your dentist
- ✓ Clean daily with a soft toothbrush using light pressure
- ✓ Follow brushing with a proxy brush or waterpik under the bar and around the implants
- ✓ Visit your dentist for regular cleanings and check-ups

In regard to eating, *avoid anything that could break natural teeth.*

Eating restrictions include:

- ✓ No tugging/pulling/tearing of food (sandwiches, burgers etc.)
- ✓ No sticky or hard candy/taffy or CHEWING GUM
- ✓ Do not open things with your teeth
- ✓ Do not bite into things rather cut all of your food up into bites or slices (apples etc.)
- ✓ Avoid hard things like popcorn kernels and nuts

*May you
have many
years of smiles
ahead of you!*