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## **INSTRUCTIONS FOR HANDLING, CARE AND MAINTENANCE OF IMPLANT-SUPPORTED PROSTHESIS (FIXED ON IMPLANTS)**

The implant-supported prosthesis is a treatment that consists of a structure anchored in the implants that have been placed inside the maxillary bones, to recover the maximum function and aesthetics of your teeth.

### **LIMITATIONS**

It should be noted that, depending on the various preconditions, it is not always possible to achieve these two ends absolutely.

For the complete success of the treatment, your collaboration is essential, complying with the rules of hygiene and care of your prostheses.

### **HANDLING, CARE AND MAINTENANCE INSTRUCTIONS**

- **Adaptation and habituation**

After the placement of the prosthesis, you will need a variable period to get used to the new situation. You may notice the following mild symptoms, easy and quick recovery:

- Feeling of pressure. It can be seen when the prosthesis is placed on the implants for the first time. It will remit spontaneously.
- Difficulty pronouncing certain sounds: It is advisable that you read aloud in front of a mirror and listen to yourself. In this way, in a short time, you will acquire clear and fluent speech.
- Sensation of occupation or foreign body that will disappear on its own because the tongue and mucous membranes will adapt to the space of the new situation.
- Slight and temporary increase in the amount of saliva.
- Cheek and tongue nibbling
- You may notice a slight change in your appearance and expression because of your rehabilitation, in a few weeks he will get used to his new image.

- **Recommendations**

Natural teeth have a great ability to discriminate the force that is exerted on them, because around them they have structures formed for this purpose. These structures do not exist in implants and, therefore, it is possible to exert a very high chewing force without your being able to control it well. For this reason, you should start chewing foods that are not too hard, to gradually get used to the new sensation.

- **Care and hygiene**

The success and duration of the treatment will depend on you complying with specific hygiene rules for your prosthesis that at first may seem somewhat complicated, but over time will become an easy habit to carry out. You should consider that your prosthesis consists of:

- Prosthesis
- Abutments

- **For the care of the prosthesis:**

The prosthesis will be cleaned using conventional toothbrushes in the same way that you clean your teeth, from the visible part. The side that is not seen, that is, the one that is towards the gum, can be cleaned with a dental floss or with interdental brushes.

- **For the care of the pillars:**

The pillars are very important. The junction of the abutment with the gum must always be cleaned, as this is where a greater accumulation of bacteria and food remains occurs. For this there are special brushes, called interproximal, which are of variable thickness. Dental irrigators are also recommended to remove debris that could not be removed by brushing.

The toothpastes will be without fluoride, and the use of 0.2% chlorhexidine mouthwashes or gels is recommended, in case of inflammation of the gums.

- **Reviews and incidents**

It is essential that you comply with the check-up appointment schedule proposed by your dentist, in which you will undergo a series of checks whose purpose is to observe the correct functioning of your prosthesis and the state of the oral tissues. In general, in the absence of other instructions from the dentist, check-ups are usually carried out with the following frequency:

- One week after the prosthesis was placed.
- A month
- At three months.

During the first year, it is recommended that the frequency of visiting your dentist be every three months, while thereafter they will be every six months.

The following problems can occur with this type of prosthesis:

- Inflammation of the gums surrounding the implants.
- Pain
- Loosening of the prosthesis: It could be because the fixing screws have loosened or unscrewed.
- Tooth fracture.
- Prosthesis fracture.

Whenever gum discomfort appears, you should make an appointment, although at first, as these discomforts are normal, you can wait four or five days. If after this time they have not disappeared, or if they get worse as the days go by, you should make an appointment. If a problem arises, do not try to solve it yourself: Make an appointment with your dentist.