

## ORAL HYGIENE INSTRUCTIONS FOR PATIENTS WITH FULL-CERAMIC IMPLANTS

When treating patients with periodontitis, periimplantitis and/or amalgam fillings and metal inlays and crowns, a professional cleaning includes the removal of soft and hard plaque and root scaling and planing.

Nowadays, bones and gums are healthy in most cases after rehabilitation with ceramic implants and full-ceramic crowns. Ceramic implants inhibit the adhesion of plaque. Caution with professionally carried-out oral hygiene is advised (dentists, oral hygienists).

### 1. Intervals of cleaning

Therapies should be spaced out to at least 6-12 months. Frequent cleaning is necessary only in patients with a high content of minerals in saliva as this contributes to plaque on the front teeth of the lower jaw. In such cases, only these teeth should be cleaned.

### 2. The methods of teeth cleaning

DO NOT have the root scaling and planing procedure done on ceramic implants. The successful integration of the implant means the assimilation of the implant in the gum and scaling would damage and tear the assimilated gum. The only allowed method is the use of a soft polishing brush and paste.

### 3. Personal dental hygiene

- a) Clean your teeth two times a day with a soft toothbrush and oxygen-enriched toothpaste.
- b) Mouth wash (Oroxid sol.) is advised once a day, in the evening after brushing.
- c) A moderate use of interdental toothbrushes, toothpicks and floss is advised if you have ceramic implants. Excessive use might destroy the assimilation of the ceramic implant to the gum.
- d) It is not advised that you use water jet devices as tubes present a high risk of bacteria, and the water jet might distribute these bacteria to the gingival pockets.
- e) It is advised that in the morning, before brushing your teeth, you wash your mouth with oil (oil pulling). Keep a spoonful of cold-pressed organic oil (coconut oil, sunflower oil, olive oil, almond oil or walnut oil) in your mouth for about five minutes and press the oil through your teeth before spitting it out. Then, brush your teeth as usual. This is a very effective detox method and at the same time you provide important nutrients to your gums.

An important factor for keeping your surrounding tissue healthy is a good balance between vitamins and minerals which must be regularly checked. Pay special attention to the levels of vitamin D3 and LDL cholesterol (LDL level should be 2.0-3.5 mmol/L, and vitamin D3 level more than 50ng/L, ideally 65ng/L).