



LANDS END DENTAL

## **Caring for Your All on 6/Hybrid Denture**

### **Why it's Important to Clean Your Prosthesis**

Proper care and hygiene are essential to ensuring the longevity of your bridge. Although the implants cannot get cavities, if the area surrounding them beneath the dentures is not thoroughly cleaned, bacteria and plaque will build up, leading to gum disease and deterioration.

### **Use a Water Flosser/Waterpik**

The best way to clean around the implants is by using a water flosser or Waterpik.

- The new Waterpik offers a tip customized to reach under All-on-6 style prostheses. Angle the tip under the denture edge and use the water to remove food buildup.
- Water flossing must be completed 2-3 times a day to remove plaque before it hardens.

### **Brushing**

Brush your bridges 2 to 3 times daily to remove plaque from the implants and your gum line. Using a soft-bristled toothbrush, brush your implants in a circular motion for 2 minutes. Avoid using abrasive toothpastes when brushing.

You may also use soft dental toothpicks often called "proxabrushes," or "go-betweens" to gently brush underneath the dentures as well. Depending on your manual dexterity, you may be able to pass superfloss under the dentures as well to mechanically remove debris.

### **Wear Your Nightguard**

Clenching and grinding will rapidly destruct your prosthesis, leading to fractures and wear. Excess force from grinding will also weaken the implants, causing them to loosen from the bone or break. Wear your nightguard every evening to avoid these costly issues and clean it daily by brushing with cool water and soap. Store it in the case we have provided you when not in use.

### **Other Maintenance**

At periodic intervals, usually once a year, we recommend seeing your dentist/hygienist to clean under the prosthesis and check the implants. At these visits we may also take xrays of the implants. We may also remove the prostheses to better assess the implants and clean, which may require replacement of the screws used to attach them in place. *There will be a fee for this service.* Over many years, you may require replacement of your prosthesis due to normal wear and tear, but following these instructions will greatly prolong the lifespan of your dental work.

