

# Wingrove Implant Home-Care Protocols

## Single Implant-Borne Restoration Patient

- Brush **twice daily** around implant with an electric or soft manual toothbrush. It is also beneficial to add interdental brush and use neutral pH Stannous Fluoride dentifrice.
- Use a water flosser unit **twice daily**. Use on medium to high power setting. Direct flow ¼ inch from flat surface or 90° horizontally.
- Stimulate the tissue **once daily**. Use the FLAT side of a rubber tip stimulator, e.g., GUM Sunstar. Roll the tip, press against tissue 5-10 times on the mesial and distal of implant-borne restoration. OR use a dental pick, e.g., Sunstar Soft-Picks. Insert dental pick next to implant-borne restoration, roll the pick 5-10 times on mesial and distal of restoration.
- Rinse **twice daily** with a non-alcohol antimicrobial mouth rinse for 30 seconds.

## Removable Overdenture Prosthesis Patient

- Remove overdenture and soak in approved cleaner as directed. Do a visual check of overdenture attachments and If missing, contact dental professional for replacement.
- Brush **twice daily** with an electric, soft manual, or specialty toothbrush around implants and inside of overdenture, e.g., TePe Compact Tuft.
- Stimulate tissue **once daily**. Use FLAT side of a rubber tip stimulator. Roll the tip, press against tissue 5-10 times mesial and distal against implants and on the tissue under bar if present. OR use e.g., iO Oral-B electric toothbrush with Targeted Clean head on GUM setting around implants and on the ridge tissue under the bar for one minute.
- Rinse mouth **twice daily** with non-alcohol antimicrobial mouth rinse for 30 seconds.
- Reinsert overdenture into place and leave out overnight if possible.

## Full Arch Fixed Prosthesis Patient

- Brush **twice daily** around implants and under prosthesis with an electric toothbrush, e.g., iO Oral-B + Targeted Clean brush head or specialty manual, e.g., TePe Implant or Universal Care brush and it is beneficial to add interdental brushes.
- Use a water flosser **twice daily**. Beneficial to use access specific tip, e.g., Waterpik Implant denture tip. Use on medium to high power setting and direct under prosthesis at 90° horizontally.
- Rinse **twice daily** with non-alcohol antimicrobial mouth rinse for 30 seconds or add to water flosser unit in 1 part rinse to 10 parts water.

**\*Wingrove S. Peri-Implant Therapy for the Dental Hygienist: 2<sup>nd</sup> Edition; 2022 Wiley**

**© Susan Wingrove/ Wingrove Dynamics LLC**