

Implant Home-Care Protocols with Crest® + Oral-B®



Dental plaque around implants can trigger an inflammatory response that leaves implant patients at risk for peri-implantitis¹. Thankfully, new research, protocols and products have emerged to answer this challenge. Twice daily, patients should be prescribed an oral care regimen that includes a/an²:

1. Oscillation-Rotation Electric Toothbrush
2. Fluoridated Toothpaste (at a near neutral pH)
3. CPC Rinse (at a near neutral pH)
4. Interdental Cleaner (eg., Dental Floss, Water Flosser)

For implant patients, research supports daily use of a fluoridated dentifrice, both sodium (NaF) and stannous (SnF₂) at near neutral pH. Neutral pH is necessary as titanium corrosion may occur at low or high pH in a high fluoride concentration.*³ When compared to sodium fluoride pastes, stannous fluoride pastes have the additional benefit of inhibiting bacterial growth for up to 12 hours and can provide 35% greater protection against plaque.⁴

According to the American College of Prosthodontists 2016 Clinical Practice Guidelines for recall and maintenance of patients with tooth-borne and implant-borne dental restorations, recall needs to be provided by a dental professional at least every six months².

Wingrove Implant Home-Care Protocols*⁵

Single Restoration Implant Patient

- Brush twice daily using an Oral-B® Power Brush with a round brush head and a pH neutral SnF₂ dentifrice. After brushing thoroughly with the round brush head, switch to an interproximal brush head to clean around the implant.
- Floss or use a water flosser twice daily. To floss the implant, insert Glide® Floss on the mesial and distal sides. Crisscross the floss in front (buccal) and move in a shoe-shine motion around each implant to remove plaque from the peri-implant crevice. To remove the floss, lift it through the occlusal portion of the teeth. Do not slide the floss out on the mesial or distal portions as it can leave a residue around the implant. To use a water flosser, place it on the medium to high setting, and direct the water flow 1/4 inch from flat surface of the tooth or restoration.
- Use a rubber tip stimulator once daily for keratinized tissue. Using the flat side of the stimulator, roll in a circular motion on the tissue around the implant until the tissue blanches. Repeat 5-10 times on both the mesial and distal sides of each implant or implant-borne restoration.
- Rinse twice daily with a CPC anti-microbial mouth rinse that has a neutral pH.

Removable Overdenture Prosthesis Patient

- Remove the overdenture and visually check the attachments.
 - Replace the O-rings & Locator caps yearly.
 - Replace the clips when they are worn.
- Brush twice daily using an Oral-B® Power Brush with a Targeted Clean brush head and a pH neutral SnF₂ dentifrice around the implants and on the underside of the overdenture.
- Use a water flosser twice daily around implants and implant bar if present.
- Use a rubber tip stimulator once daily to stimulate the tissue around the implants and under the bar if present.
- Rinse mouth twice daily with a CPC anti-microbial mouth rinse that has a neutral pH.
- Reinsert the overdenture into place, and leave out overnight if possible.

Full Arch Fixed Prosthesis Patient

- Brush twice daily using an Oral-B® Power Brush with a round brush head and a Stannous Fluoride dentifrice with a neutral pH. After brushing thoroughly with the round brush head, switch to a Targeted Clean brush head to clean under the prosthesis. Afterwards, switch the brush to the Gum Care setting and stimulate the tissue for one minute.
- Use a water flosser twice daily around implants and under prosthesis.
- Rinse twice daily with a neutral pH CPC antimicrobial mouth rinse or add mouth rinse to the water flosser unit using a 1:10 dilution or follow your dental professional's recommendation.

Peri-Implant Mucositis Patient

- Brush twice daily using an Oral-B® Power brush with a round head. After brushing thoroughly with the round brush head, switch to an interproximal brush head to clean around the implant.
- Use a water flosser twice daily.
- Use a rubber tip stimulator once daily to stimulate the tissue around the implants.
- Rinse twice daily with a neutral pH CPC antimicrobial mouth rinse or add mouth rinse to the water flosser unit using a 1:10 dilution or follow your dental professional's recommendation.

Peri-Implant
Therapy for the
Dental Hygienist
SECOND EDITION

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Crest® + Oral-B® Products and Resources for Home Care



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Electric
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Crest®
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Gum Detoxify™



Crest®
PRO-HEALTH™
Multi-Protection
Clean Mint Rinse



Oral-B®
Water Flosser
Advanced



Oral-B® iO™
Ultimate Clean
Refill



Oral-B® iO™
Gentle Care
Refill



Oral-B® iO™
Targeted Clean
Refill



Oral-B®
Deep Clean
Floss

Patient Resources



<https://oralb.com/resources>

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2. Bidra A., Daubert D., Garcia L., Kosinski T., Nenn C., Olsen J., Platt J.A., Wingrove S., Chandler N.D., Curtis D. 2016 ACP Clinical Practice Guidelines for Recall and Maintenance of Patients with Tooth-Borne and Implant-Borne Dental Restorations. J Prosthodontics 25 (2016) S32-S40.
3. Suszcynsky-Meister E, Shauchuk A, Hare T, Hunger L, Valent D, Massad J, Wingrove S, St. John S. Chemical Effects of Stannous & Sodium Fluoride Dental Treatments on Titanium Alloy Surfaces. AADR Annual Conference, Ft Lauderdale, FL, Mar. 2018.
4. Sharma NC, Qaqish J, He T, et al. Superior plaque reduction efficacy of a stannous fluoride dentifrice. The Journal of Clinical Dentistry 2013; 24:31-36.
5. Wingrove S. Peri-Implant Therapy for the Dental Hygienist: 2nd Edition; 2022 Wiley Blackwell