



Instruction Implant Hybrid/Bridge Maintenance

If you have questions, write them in this margin and discuss them with Dr. Chun before signing this consent form.

"How to Maintain Your Dental Implant Hybrid for Optimal Oral Health"

Congratulations, now you have new teeth! However, taking care of a dental implant hybrid requires proper maintenance to ensure its longevity and optimal oral health. In this article, we will outline the steps for maintaining your dental implant hybrid.

Step 1: Brush and Floss Daily

Just like your natural teeth, dental implant hybrids require regular brushing and flossing to remove plaque and bacteria buildup. Brushing twice a day, using a soft-bristled brush and non-abrasive toothpaste, will help keep your hybrid clean and healthy. Don't forget to brush along the gum line and gently clean the implant's surface. Flossing daily, using an interdental brush or floss threader, will help remove plaque and food particles from between the implants and teeth, reducing the risk of gum disease and other oral health problems.

Step 2: Use Antimicrobial Mouthwash

Antimicrobial mouthwash is an effective way to kill bacteria and freshen your breath. It's especially beneficial for dental implant hybrid patients, as it helps keep the hybrid and surrounding tissues clean and healthy. Use mouthwash as directed by your dentist to complement your daily brushing and flossing routine.

Step 3: Avoid Sticky and Hard Foods

Sticky and hard foods can cause damage to your dental implant hybrid, making it more susceptible to failure. Foods like chewy candy, popcorn, and hard nuts should be avoided. Instead, opt for soft foods and be mindful of how you bite and chew to protect your hybrid.

Step 4: Regular Dental Visits

Finally, regular dental visits are essential for proper dental implant hybrid care. Your dentist will assess the condition of your hybrid and clean it, if necessary. This helps prevent problems such as gum disease and infection, ensuring the longevity and success of your dental implant hybrid.

In conclusion, proper maintenance of your dental implant hybrid is crucial for ensuring its longevity and maintaining optimal oral health. By following these 4 essential steps, you can keep your hybrid clean and healthy and enjoy a beautiful smile for years to come. Congratulations on your new teeth!



Instruction For AirFloss or Waterpik

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Using an AirFloss For Dental Implant Hybrid or Bridge

1. Fill the tank with distilled or **saline water** (see below how to make it) and add your desired mouthwash or flossing solution. Regular tap water has a lot of calcium that causes build-up.
2. Attach the nozzle to the device and ensure it is securely in place.
3. Stand in front of a mirror and place the nozzle gaps between the gum and dental hybrid.
4. Press the power button to activate the flossing water shooting mechanism.
5. Move the nozzle gently back and forth between the implants for about one second each.
6. Repeat the process for all the areas of the hybrid, making sure to reach all areas in your mouth.
7. Take special care to clean around and under the implant and bridge or hybrid.
8. After you have finished Super-flossing, turn off the device and empty the water tank.
9. Clean the nozzle thoroughly with water and let it dry before storing the device.

Note: It is important to follow the manufacturer's instructions and guidelines when using AirFloss, and to consult with your dentist if you have any dental concerns or issues. Additionally, it is recommended to avoid flossing too aggressively or using the device too frequently, as this can damage the implants or irritate the surrounding gum tissue.

To make saline water using 1 gallon of distilled water, follow these steps:

1. Obtain 1 gallon of distilled water.
2. Measure out 9 teaspoons (or approximately 45 grams | 1.6 Oz) of salt.
3. Pour the salt into the distilled water and stir until the salt is completely dissolved.
4. Check the salt concentration of the solution using a refractometer or by tasting a small amount. The solution should have a salty taste, but not too strong.
5. If the solution is too salty, add more distilled water until you reach the desired concentration.
6. If the solution is not salty enough, add more salt and stir until dissolved.
7. Store the solution in a clean, airtight container.

Note: Saline water is a hypotonic solution, meaning it has a lower concentration of salt compared to normal human cells. It is commonly used for various purposes, such as cleaning wounds, irrigation, and rehydration. It is important to use distilled water when making saline solution, as other types of water may contain minerals that can affect the solution's intended properties.

* If you have any problem with Philips Sonicare Air Flow, please call Customer Service: (2-year Warranty) at 1-800-682-7664