

A photograph of a family in a bathroom. A woman in the foreground is brushing her teeth with a pink toothbrush, smiling. Behind her, a man is also brushing his teeth with a green toothbrush. In the background, another man is visible, also brushing his teeth. The scene is brightly lit, suggesting a morning routine.

HOME CARE INSTRUCTIONS

NATURAL TEETH

BRUSHING

Use a soft toothbrush to brush gums and teeth twice daily (mornings & evenings after meals) with toothpaste.

FLOSSING

Use dental floss around any remaining teeth at least once a day. Floss in the shape of the letter “C” around each tooth & underneath the gum.

RINSING

Rinse your mouth twice a day after brushing and flossing with salt water (e.g. Ora-Salts) or as otherwise directed.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

DIET

Limit your sugar intake as well as your consumption of fizzy drinks, sports drinks & fruit juices to avoid decay & erosion of natural teeth. Follow a well balanced diet.



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DENTURES

BRUSHING

Use a soft toothbrush to brush gums and remaining teeth twice daily (mornings & evenings after meals) with toothpaste. Use a denture brush/ nail brush and dishwashing liquid to brush your dentures (don't use toothpaste on dentures – scratches acrylic). When brushing your dentures place a cloth in the basin and brush over the cloth & basin to prevent them from breaking if they fall.

FLOSSING

Use dental floss around any remaining teeth at least once a day. Floss in the shape of the letter “C” around each tooth & underneath the gum.

RINSING

Rinse your mouth twice a day after brushing and flossing with salt water (e.g. Ora-Salts) or as otherwise directed. Remove your denture at night when you sleep, especially if you tend to grind your teeth. Place your denture in denture cleaner overnight or for 15 minutes daily. This will kill bacteria and prevent stain formation.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

DIET

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DENTURES

MAINTENANCE INSTRUCTIONS

- Have new dentures made every 5 years.
- During this period dentures can be relined to ensure a better fit.
- Any remaining natural teeth need to be cleaned at least every 6 months (or as directed) by our dental hygienist.
- Our in-house laboratory offers a denture cleaning service for a small fee. Our technician can remove tough stains and polish your denture to give it a smooth finish. This can be done as often as needed.



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HYBRID (ACRYLIC) FIXED STRUCTURE

Metal framework with wrap-around acrylic Screw-retained 5 yearly replacement of acrylic

BRUSH

Brush your gums and the structure with a soft toothbrush.

BRUSHING METHOD

Roll-stroke from gums upwards, brushing where implants & structure meet. Brush structure in circular movements.

TOOTHPASTE

Use a gel toothpaste instead of a paste (less abrasive & gentler on gums and dentures).

FLOSSING

Implant floss can be used to floss underneath your structure and around your implants.

INTERDENTAL BRUSHING

In areas where there is sufficient space, an interdental brush can be inserted to brush underneath the structure and around implants.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

WATERPIK

A Waterpik or oral irrigator can be used to irrigate beneath your structure.

RINSING

Rinse your mouth twice a day after brushing and flossing with saltwater (e.g. Ora-Salts) or as otherwise directed.



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HYBRID (ACRYLIC) FIXED STRUCTURE

Metal framework with wrap-around acrylic Screw-retained 5 yearly replacement of acrylic

MAINTENANCE INSTRUCTIONS

- 6 Monthly dental hygiene (or as recommended) to keep gums in a healthy condition & to follow up on your home care.
- If gums are not kept healthy you can lose bone around your dental implants and this can result in the loss of your implants.
- 2-Yearly removal of the structure, cleaning of the structure by a dental technician and cleaning around dental implants.
- 2-Yearly x-rays of implants to monitor bone levels and overall oral health.



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HYBRID (ACRYLIC) MESIO-FIXED STRUCTURE

Screw-down fixed metal framework with removable acrylic denture

BRUSH

Brush your gums and the structure with a soft toothbrush.

BRUSHING METHOD

Roll-stroke from gums upwards, brushing where implants & structure meet. Brush structure in circular movements.

TOOTHPASTE

Use a gel toothpaste instead of a paste (less abrasive & gentler on gums and dentures).

FLOSSING

Implant floss needs to be used to floss around your implants and below the framework.

INTERDENTAL BRUSHING

In areas where there is sufficient space, an interdental brush can be inserted to brush underneath the structure and around implants.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

WATERPIK

Waterpik or oral irrigator can be used to irrigate beneath your structure.

RINSING

Rinse your mouth twice a day after brushing and flossing with saltwater (e.g. Ora-Salts) or as otherwise directed.



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HYBRID (ACRYLIC) MESIO-FIXED STRUCTURE

**Screw-down fixed metal framework with
removable acrylic denture**

MAINTENANCE INSTRUCTIONS

- 6 Monthly dental hygiene (or as recommended) to keep gums in a healthy condition & to follow up on your homecare.
- If gums are not kept healthy you can lose bone around your dental implants and this can result in the loss of your implants.
- 2-Yearly removal of the structure, cleaning of the structure by a dental technician and cleaning around dental implants.
- 2-Yearly x-rays of implants to monitor bone levels and overall oral health.
- Replacement of o-rings(elastics) inside denture or pivots on framework if retention becomes insufficient. The time frame will vary from one person to the next.
- 5 Yearly replacement of dentures.



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PORCELAIN STRUCTURE

Screw down porcelain structure. Very tissue friendly & strong. Hardly any structural maintenance.

BRUSH

Brush your gums and the structure with a soft toothbrush.

BRUSHING METHOD

Roll-stroke from gums upwards, brushing where implants & structure meet. Brush structure in circular movements.

TOOTHPASTE

Use a gel toothpaste instead of a paste (less abrasive & gentler on gums and dentures).

FLOSSING

Implant floss can be used to floss underneath your structure and around your implants.

INTERDENTAL BRUSHING

In areas where there is sufficient space, an interdental brush can be inserted to brush underneath the structure and around implants.

TONGUE CLEANER

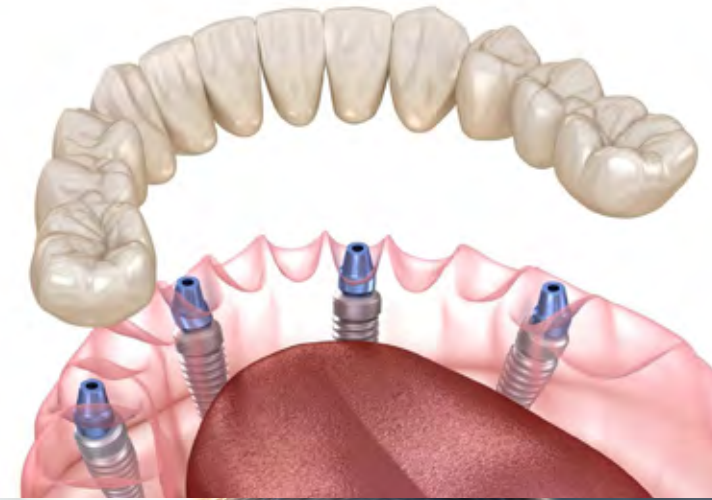
Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

WATERPIK

a Waterpik or oral irrigator can be used to irrigate beneath your structure.

RINSING

Rinse your mouth twice a day after brushing and flossing with saltwater (e.g. Ora-Salts) or as otherwise directed.



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PORCELAIN STRUCTURE

Screw down porcelain structure. Very tissue friendly & strong. Hardly any structural maintenance.

MAINTENANCE INSTRUCTIONS

- 6 Monthly dental hygiene (or as recommended) to keep gums in a healthy condition & to follow up on your home care.
- If gums are not kept healthy you can lose bone around your dental implants and this can result in the loss of your implants.
- 2-Yearly removal of the structure, cleaning of the structure by a dental technician and cleaning around dental implants.
- 2-Yearly x-rays of implants to monitor bone levels and overall oral health.



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INTERIM (TEMPORARY STRUCTURE)

Interim structures are usually placed with full arch or full mouth rehabilitations and **SERVE** as a **TRIAL** version for your permanent crowns.

BRUSH

Use a soft toothbrush to brush your gums and interim structure twice daily (mornings and evenings after meals) with toothpaste.

BRUSHING METHOD

Roll-stroke

FLOSSING

Use bridge floss (e.g. OralB Superfloss). Insert the floss between the gum & the structure and thread through. Floss underneath the structure & around each tooth in the form of the letter "C". Continue inserting the floss where a new tooth begins until all have been flossed.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

RINSING

Rinse your mouth twice a day after brushing and flossing with saltwater (e.g. Ora-Salts) or as otherwise directed. For sensitivity use a sensitive toothpaste (e.g. Sensodyne or Colgate Sensitive Pro Relief) or tooth mousse.

RINSING

Limit your sugar intake as well as your consumption of fizzy drinks, sports drinks & fruit juices to avoid tooth decay and erosion of teeth. Follow a well-balanced diet.

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INTERIM (TEMPORARY STRUCTURE)

Interim structures are usually placed with full arch or full mouth rehabilitations and **SERVE** as a **TRIAL** version for your permanent crowns.

MAINTENANCE INSTRUCTIONS

- This is a temporary structure and therefore usually does not work for longer periods than 6 months.
- If worn for a longer period, regular professional removal of the structure & cleaning of the structure itself as well as the tooth structure underneath will be necessary.
- Re-cementing of the structure is then also **ADVISED AFTER EACH REMOVAL.**



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OVERDENTURE STRUCTURE

Removable acrylic denture that clips onto ball abutments usually on 4 dental implants.

BRUSH

Remove your overdenture to brush your gums and implants with a soft toothbrush.

BRUSHING METHOD

Roll-stroke or circular motions on gums and around implants.

TOOTHPASTE

Use a gel toothpaste instead of a paste (less abrasive & gentler on gums and implants). Use a denture brush/ nail brush and dishwashing liquid to scrub-brush your dentures(don't use toothpaste on dentures – scratches acrylic).

When brushing your dentures place a cloth in the basin and brush over the cloth & basin to prevent them from breaking if they fall.

RINSING

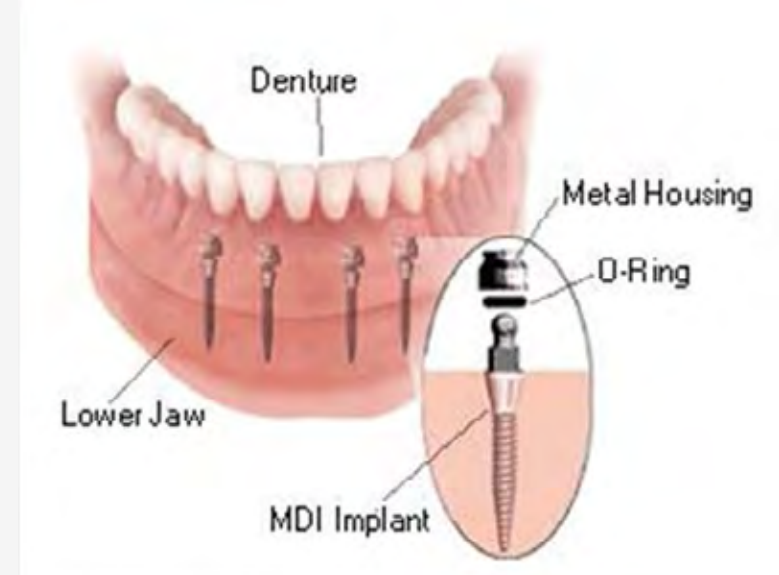
Rinse your mouth twice a day after brushing and flossing with salt water (e.g. Ora-Salts) or as otherwise directed. For sensitivity use a sensitive toothpaste (e.g. Sensodyne or Colgate Sensitive Pro Relief) or tooth mousse.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

DIET

Limit your sugar intake as well as your consumption of fizzy drink, sports drinks & fruit juices to avoid decay & erosion of natural teeth. Follow a well balanced diet.



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OVERDENTURE STRUCTURE

Removable acrylic denture that clips onto ball abutments usually on 4 dental implants

MAINTENANCE INSTRUCTIONS

- 6 Monthly dental hygiene (or as recommended) to keep gums in a healthy condition & to follow up on your home care.
- If gums are not kept healthy you can lose bone around your dental implants and this can result in the loss of your implants.
- 2-Yearly x-rays of implants to monitor bone levels around implants and overall oral health.
- Replacement of o-rings (elastics) inside denture or ball abutments on implants if retention becomes insufficient. The time frame will vary from one person to the next.
- 5 Yearly replacement of dentures.



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BITEPLATE

SLEEP

Sleep with your bite plate EVERY NIGHT. Irregular wearing will result in an ill-fitting or non-fitting plate.

BRUSHING

Brush your bite plate with your toothbrush & dishwashing liquid every time after wearing it. Store your bite plate on the model in its box if not worn. Place your bite plate in denture cleaner for 15 minutes daily. This will kill bacteria and prevent stain formation

MAINTENANCE INSTRUCTIONS

Have a new bite plate made if yours is old and worn.

Remember to take your bite plate along if you have any dental work done. This is necessary to ensure that it still fits or to determine whether a new one needs to be made.

You will forfeit all guarantee on dental treatment if

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BITEPLATE

MAINTENANCE INSTRUCTIONS

- Regularly cleaning your bite plate will lengthen its lifespan and prevent the buildup of unwanted residues.
- If your bite plate is new, place it in boiling water for 30 seconds before placing it in your mouth. This expands the acrylic for easier insertion. It will feel very tight in the beginning which is normal. It is like wearing new shoes, it will take a few days to become more comfortable.
- Brush your bite plate with lukewarm water, dishwashing liquid, and a toothbrush. **DO NOT USE TOOTHPASTE**, it is abrasive and will roughen up the bite plate.
- Rinse the bite plate after cleaning and place it wet into its container. Keep away from dogs, as they tend to enjoy chewing on them.
- Make sure to bring your bite plate along when coming for any dental check-up/ cleaning / dental work, as it might need to be adjusted.
- Please note that when your bite plate has visible grooves on the biting surface your teeth cannot move freely over the surface of the bite plate. It will need to be adjusted and polished in the lab. (A bite plate which is not adjusted from time to time can lead to tooth and jaw ache)
- In the case of a full rehabilitation/crown or bridgework, the use of your bite plate is mandatory to ensure our warranty of the restorative work and also to ensure the longevity thereof.
- Please wear your bite plate every evening. Preferably not for more than 8 hours.



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CROWNS, BRIDGES, VENEERS & IMPLANT CROWNS

BRUSH

Use a soft toothbrush to brush teeth, veneers, crowns, bridges or implant crowns twice daily (mornings and evenings after meals) with toothpaste. Brushing method: roll-stroke.

FLOSSING VENEERS OR CROWNS

Use normal dental floss around veneers and crowns at least once daily. Floss in the shape of the letter “C” around each tooth & under the gum. Once inserted & flossed, pull the floss out through the side and not backup/ down (this can loosen you veneers/crowns over time).

FLOSSING BRIDGES

Use a bridge floss (e.g. OralB Superfloss) to floss underneath the pontic of a bridge.

FLOSSING IMPLANT CROWNS

Use implant floss (e.g. GUM implant floss or OralB Superfloss) to floss around dental implants. Floss underneath the crown and in the form of the letter “C” around the implant.

TONGUE CLEANER

Use a tongue scraper/ cleaner twice a day to remove plaque from your tongue.

RINSING

Rinse your mouth twice a day after brushing and flossing with salt water (e.g. Ora-Salts) or as otherwise directed. For sensitivity use a sensitive toothpaste (e.g. Sensodyne or Colgate Sensitive ProRelief) or tooth mousse.

DIET

Limit your sugar intake as well as your consumption of fizzy drink, sports drinks & fruit juices to avoid tooth decay and erosion of the margins of your veneers, crowns or bridges. Follow a well balanced diet.



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CROWNS, BRIDGES, VENEERS & IMPLANT CROWNS

MAINTENANCE INSTRUCTIONS

- 6 Monthly dental hygiene (or as recommended) to keep gums in a healthy condition & to follow up on your home care. If gums are not kept healthy, gums can recede and expose margins of veneers, crowns/ bridges.
- 2-Yearly x-rays of veneers/ crowns to check on margins. Veneers or crowns might need replacement if the margins decay.



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