The BSP works with dental professionals to advance the standard of care for patients with dental implants and periodontal diseases.

www.bsperio.co.uk

Who are we?

The British Society of Periodontology and Implant Dentistry was founded in 1949:

"...to promote for the general health, wellbeing and knowledge of the public, the art and science of dentistry and in particular the art and science of periodontology and dental implantology and in furtherance thereof to advance all aspects of periodontology and dental implantology and to promote improvements in the teaching of the same."

BSP
British Society of Periodontology and Implant Dentistry

More information on gum health and periodontal disease can be found at: bsperio.org.uk/patients

©BSP2023

BSP
British Society of Periodontology and Implant Dentistry

Looking after your implants

Your guide to implant care

Caring for your implant

Plaque is a sticky film that forms on your teeth and around your implant. It is formed by bacteria and if left to grow, puts you at higher risk of developing gum disease around your implant. Gum disease starts with bleeding gums and can progress to loss of supporting bone, which could lead to loss of your implant. It is important plaque is removed every day to help ensure long term implant health.

Brushing your implant

It is safe to brush your implant just like you would for your natural teeth. Your toothbrush will not harm your implant if used correctly.

Powered or manual toothbrushes can be used to clean your implants.

A single tufted brush can help clean hard to reach areas around your implant. Two minutes, twice daily, using good technique is perfect for implant health.

Interdental cleaning

Interdental brushing is useful for cleaning areas your toothbrush cannot reach.

Interdental brushes come in a range of sizes to fit between your teeth and when used with proper technique, are highly effective at helping keep your teeth and implant clean.

Your dentist will be able to show you the best size and technique for your mouth.

Regular professional visits

Gum disease around your implant may not give you any symptoms so it is important to visit your dentist, hygienist or dental therapist regularly for professional monitoring and maintenance.

If you notice changes to your gums or bleeding around your implant, visit your dentist for advice.

Important Points to Remember:

Healthy gums do not bleed.

Bleeding is a sign of inflammation and suggests underlying disease. Contact your dentist if you notice bleeding so they may investigate this further.

Good oral hygiene is critical to good implant health.

However, there are other factors that can increase your risk of developing gum disease around your implants:

- A history of periodontitis (gum disease)
- Smoking

For more information about how to look after your implants visit: **bsperio.org.uk/patients**