

Preventing Peri-Implantitis: Essential Tips for Dental Implant Care



Dental implants are an excellent way to replace teeth that have been lost. They look and feel like teeth, so, as one can imagine, they're very popular. But like natural teeth, implants need proper care to remain healthy. One such problem developed with the implant is called peri-implantitis. Let's learn more about it and how one can prevent it.

What is Peri-Implantitis?

Peri-implantitis is a term describing an infection of the tissues around a **dental implant**. In some ways, it has some similarities to gum disease but takes place around an implant rather than around natural teeth. It can damage the bone that should be supporting the implant. In extreme cases, if left untreated, it could mean implant failure and need to be removed.

Causes and Risk Factors

Factors exist that are risk-increasing in the development of peri-implantitis. These factors include:

Poor Oral Hygiene: Not brushing your teeth properly and not flossing results in plaque accumulation. Plaque is a film of bacteria that sticks to the teeth and may result in infection.

Smoking: Gums cannot heal up well in individuals who smoke. It puts them at increased risk for infection.

Diabetes: The patient with this disease is more predisposed to infections like peri-implantitis.

Gum Disease: If you have had gum disease in the past before getting an implant, you are at higher risk of developing peri-implantitis.

Symptoms of Peri-Implantitis

The symptoms of peri-implantitis should be detected early. These include:

1. **Swelling:** The gums around the implant could be swollen.
2. **Redness:** The gums could appear red or get an inflammatory infection.
3. **Bleeding:** You will experience some bleeding when brushing or flossing in the implant area.
4. **Pain:** Pain or discomfort may be felt right around the implant area.
5. **Bad Breath:** A continuous bad breath may be a sign of infection.

Why Is Preventive Care Important?

Preventive care is very crucial in keeping your dental implants healthy. Just as you care for your natural teeth, you must also care for your implants. Good preventive care keeps problems like peri-implantitis away and makes the implants last for years.

Proper Oral Hygiene for Implants

Some easy ways to keep your dental implants in great shape are as follows:

1. **Brush Twice a Day:** Use a soft-bristled toothbrush; use fluoride toothpaste; and brush your teeth and implants gently but thoroughly to remove plaque.
2. **Floss Daily:** Dental floss will help clean between your teeth and around the implants, where the toothbrush might not reach. Use floss or interdental brushes recommended by your dentist.
3. **Use Antibacterial Mouthwash:** Rinsing with antibacterial mouthwash can help reduce bacteria and keep your mouth clean.
4. **Avoid Hard Foods:** Hard foods can be oppressive to natural teeth and implants. Chomp on soft foods, and avoid chewing on ice or hard candy.

Professional Dental Care and Monitoring

Regular visits to your dentist are the foundation for keeping your implants sound. Your dentist will:

Monitoring for Complications: Your dentist will screen for the signs of peri-implantitis and other complications during routine follow-up visits.

Clean Your Implants: Professional cleanings can remove plaque and tartar that brushing and flossing cannot reach.

Get an X-ray: Your dentist may want an X-ray to determine if there is any bone loss around the implant .

Treatment Options for Peri-implantitis

Now, if you do develop peri-implantitis, don't freak out! There are treatments to manage and even heal the infection.

1. **Deep cleaning:** Your dentist will perform a deep cleaning to remove plaque and tartar around the implant. Sometimes, it is combined with antibiotics to fight an infection.
2. **Surgical Intervention:** It would be an intensive measure for cleaning the infected area and re-establishing health for the gums and bones in the worst cases.

Long-Term Maintenance and Follow-Up

The maintenance of your dental implant is a long-term affair. Here is what you shall do to ensure they last:

Maintain Good Oral Hygiene: Brushing, flossing, and mouthwash should continue as usual.

Keep Scheduled Appointments: Follow-up and cleaning on a regular basis are essential for ascertaining the progress of your implants.

Heed Your Dentist's Additional Instructions: Your dentist may have special instructions for you based on your unique situation. Heed these carefully.


Inglewood Family Dental Can Guide You in Your Dental Condition

The prevention of peri-implantitis is directly related to how clean and healthy your dental implants are. Good oral hygiene combined with the avoidance of risk factors—principally smoking—and regular dentist visits will keep your implant in good condition. It is not that different from how you care for your natural teeth. Your dental implants might last with proper care, making you smile beautifully for many more years. If you require any professional assistance with your dental needs, consult our in-house **Calgary dentist** at Inglewood Family Dental right away.

source link - <https://www.inglewoodfamilydental.ca/preventing-peri-implantitis/>

Contact Details:

 **Mobile Number :** (403) 265-5888

 **Location:** 1420 9 Ave SE #24, Calgary, AB T2G 0T5, Canada

 **Email:** inglewoodfamilydental@gmail.com

 **Dr. Name:** Dr. Arash Ravanbakhsh