

Aftercare Instructions For Dental Implants: Dos and Don'ts | Lynn Alan Palmer DDS- Memorial Park.



Houston, Texas Jan 9, 2023 (Issuewire.com) - Many people are affected by missing teeth and they may have already tried different methods to replace the missing teeth with little to no success. Thankfully, our team at Lynn Alan Palmer, DDS has provided patients with a variety of different treatment methods that help to restore their missing teeth, the popular one being [dental implants in North Houston, TX](#).

What is Dental Implant Surgery?

Dental implant surgery is one of the best procedures to restore missing teeth. Unlike dentures, implants are permanently attached to your jawbone using titanium posts and function like your original teeth. Dental implants are bio-compatible and not vulnerable to dental decay. However, they do need care, much like your natural teeth.

Aftercare Tips for Dental Implants

Here are a few tips for dos and don'ts of dental implants aftercare to ensure you can enjoy them for a long time without any issues.

> The Do's

- You should brush your dental implants just like your natural teeth - twice a day, especially after meals. A regular toothbrush with harder bristles might damage the porcelain crowns of your implants.
- Our teeth implant dentist near Hedwig Village, TX suggests using a soft-bristled toothbrush that is made for cleaning implanted teeth.
- Floss with a Waterpik flosser or use non-waxed dental floss to reduce bleeding and gum inflammation.
- Avoid sugary foods as they can lead to plaque formation, damaging the crowns of your implanted teeth.
- Use fluoridated toothpaste with an ADA acceptance seal.
- Cut fruits like apples into bite-sized pieces rather than biting into them with your implants directly.
- Try to include more soft foods in your diet.
- Use an antimicrobial mouthwash containing chlorhexidine-gluconate. These mouthwashes protect your implants against developing bacterial infections in the plaque and tartar.
- Ensure you are visiting your dentist for regular examinations and cleanings.

> **The Don'ts**

- Don't use abrasive toothpaste containing charcoal, baking soda, or any teeth-whitening toothpaste. These pastes can damage the surface of your porcelain crown.
- Our [dentist at 77024](#) suggests avoiding smoking after dental implants, as the smoke can damage the implanted teeth.
- Don't use your implanted teeth to open packages, cans, or bottles, as the metal can easily damage the porcelain crown.
- Wait to eat crunchy and hard foods immediately after surgery.
- Don't consume foods high in sugar, like candy.
- Don't consume sticky or hard foods such as seed kernels, taffy, and ice.

Aftercare Tips for Dental Implants

Our dentist offering dental implants in Houston, TX, suggests using the tips mentioned above to ensure that you enjoy the benefits of your implants for a long time without an issue.

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