

# LAKE FOREST · DENTAL ARTS ·

**James F. Fondriest, DDS**

560 Oakwood Avenue

Lake Forest, Illinois 60045

(847) 234-0517

(847) 234-0516 Fax

[fondriestdental@gmail.com](mailto:fondriestdental@gmail.com)

[www.lakeforestdentalarts.com](http://www.lakeforestdentalarts.com)

## ***Caring for Your New Implant Supported Crown or Bridge***

Congratulations! You have just received a custom created implant crown or bridge. Working closely with a world class laboratory, Dr. Fondriest custom designed your restoration based on your circumstances to maximize esthetics, form and function. You will get years of service from this restoration if you observe the following suggestions:

### **CHEWING AT INITIAL DELIVERY**

◆ The bone that surrounds an implant grows in reaction to torque and stimulation. If your new implant did not previously have a temporary restoration on it, the bone has not had much stimulation and the bone density will be relatively low. Upon initial placement of your implant restoration, the hardness of your bone might initially be described as similar to balsawood. The stimulation of your tongue and cheek on your new restoration as well as chewing soft foods, will be enough to grow the density and strength of your bone to that of oak wood usually in a matter of 3 months. We recommend that you avoid chewing hard foods on these restorations for the first two months after placement. Every person's circumstance is different and it is best to follow Dr. Fondriest's directive. Within several months of the placement of the restoration, your implant/s should actually be more stable than your natural teeth.

### **KEEPING YOUR IMPLANTS CLEAN**

◆ Use your manual toothbrush or electric toothbrush as your hygienist advises. Avoid harsh, abrasive toothpastes. Multiple implant crowns are commonly attached to each other which will make flossing more difficult. Use floss threaders, proxy brushes and/or super floss as needed, to maintain cleanliness around and under bridgework. Spaces between the crowns have been designed into all posterior restorations to allow proxybrushing. Visit us for regular exams and cleanings at least once every 6 months or as recommended.

◆ It is critical to have routine exams and cleanings on schedule. Inadequate follow up care is the most significant reason for implant and / or restoration failure.

◆ For a few days after the restoration is placed, small white flecks of cement may be noticed when brushing and flossing. These are just loosened particles of cement and can be rinsed out.

**Our purpose and mission is to help you and to serve you. Please call if there are any questions or concerns.**

Thank you.