



IMPLANT OVERDENTURE INSTRUCTIONS

In order to keep your implant overdenture working well for you for as long as possible, please follow these instructions. We're here to help, so please call if you have any questions about the maintenance of your implants or denture: (504) 347-6000.

The "locator abutments" are the metal parts that are attached to the implants (in the jawbone), which fit into the overdenture. The "retention inserts" are the rubbery pieces that fit into metal cups inside the denture. The retention inserts need to be changed periodically to maintain the fit of the denture in place, because of natural wearing-down. Surprisingly, over time the metal locator abutments will also wear down. Below are recommendations to minimize the wear of all of the parts.

When inserting your denture, make sure you can feel that it is properly positioned about the locator abutments PRIOR to applying pressure. Use both hands and press down on either side at the same time, to firmly snap the denture into place. DO NOT bite the denture into place because this force will result in excessive wear of the locator abutments and may affect the longevity of the denture.

To remove the denture, place one thumb under the left edge and one finger at the right edge of the denture rim, and push the left side upward and the right side downward at the same time. For a lower denture, you may use your tongue to aid in its removal.

Clean the denture thoroughly when it's removed. Like natural teeth, dental plaque accumulates on the surfaces of the overdenture.

1. Fill a sink or wash basin with warm water—this will prevent the denture from fracturing if it slips from your hand. Apply detergent (such as liquid soap, not toothpaste) onto a denture toothbrush and thoroughly clean every surface of the denture.
2. Every night before bed, remove the denture and immerse in a cup of plain (not hot) water.

Additional Notes of Caution:

- Failure to follow a proper oral hygiene regimen may result in inflamed tissue around the implant, leading to the development of peri-implantitis. This could cause the implant to become loose and require its removal.
- Avoid using toothpaste, which can scratch the surfaces of the overdenture, enhancing the potential for plaque accumulation in the scratches.
- Chewing tobacco will get caught in the retention inserts and scratch the abutments, considerably reducing their longevity.
- Do not soak the denture in bleach solutions or any other products not designed for use with denture cleaning, as these can harm the retentive feature of the inserts.
- If a denture cleaning solution must be used, soaking time should be limited to 15 minutes. Do not soak the denture overnight in such liquids.
- Refrain from picking at the abutments or retention inserts with toothpicks, fingernails or other foreign objects.
- Do not eat without the overdenture in place, as food will scratch the abutments and may result in implant failure.
- Any oral mouthwash/rinse can be used safely without any poor effect on the abutments or retention inserts.
- Do not wash the denture in the dishwasher.