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Home Care Instructions for Implant-Supported Bar Overdenture:

Congratulations on your implant-supported bar overdenture! Proper home care is essential to maintain the longevity and function of your dental prosthesis. Follow these instructions to ensure optimal oral health and the longevity of your implant-supported bar overdenture:

1. Daily Cleaning Routine:
 - Brushing: Use a soft-bristled toothbrush and a non-abrasive toothpaste to brush your implant-supported bar overdenture at least twice a day. Gently clean all surfaces, including the bar, attachments, and denture teeth.
 - Flossing: **AVOID flossing** around implant attachments. A waterflosser is recommended.
 - WaterPik: Use a waterpik or waterflosser to clean under the bar and around bar attachments.
 - Rinsing: Rinse mouth with an antibacterial mouthwash recommended to help control bacterial growth and maintain fresh breath.
2. Denture Removal:
 - Carefully remove your implant-supported bar overdenture for cleaning and maintenance.
 - Place a towel or basin with water in the sink to avoid damaging the denture if it accidentally falls.
3. Denture Cleaning:
 - Use a denture brush or soft toothbrush and a non-abrasive denture cleaner to clean your overdenture thoroughly. Avoid using regular toothpaste, as it can be abrasive and damage the denture surface.
4. Denture Soaking:
 - Use a denture cleaning solution (as recommended) to sanitize denture daily. A 30 minute or overnight solution can be used.
 - Rinse the denture with clean water before re-insertion in the morning to remove any remaining cleaning solution.
5. Implant Area Cleaning:
 - Brush the area around your implants gently with a soft toothbrush to remove plaque and bacteria. Pay close attention to the gum area under the bar, as it is crucial to maintain healthy gums around the implants.
 - If recommended, use an interdental brush to clean between the implants and the bar.

- A waterflosser/waterpik is recommended for use under the bar. Follow waterpik instructions and gradually increase intensity of waterpik to a level of 6 and more for effective cleaning.
6. Regular Dental Check-ups:
 - Schedule and attend regular dental check-ups as was advised. These visits allow evaluation of the condition of your implant-supported bar overdenture, the bar itself, the attachment inserts in the denture and assess the fit, and make any necessary adjustments or repairs.
 7. Diet and Chewing:
 - Be mindful of your diet and avoid excessively hard, sticky, or chewy foods that may damage your denture or stress the implants.
 - Cut food into small, manageable pieces and chew on both sides of your mouth simultaneously to distribute the load evenly.
 8. Denture Storage:
 - When not wearing your implant-supported bar overdenture, store it cleaned in a closed denture container with some clean water to prevent drying out and warping.
 - Avoid using hot water, as it may deform the denture.
 9. Handle with Care:
 - Always handle your denture with clean hands to avoid contamination.
 - Avoid dropping the denture, as it may cause damage.
 10. Early Warning Signs:
 - Pay attention to any discomfort, sore spots, or changes in the fit of your implant-supported bar overdenture. If you notice any issues, contact our office promptly for evaluation and adjustments.

If you have any concerns or questions as you adjust to this new prosthesis, do not hesitate to reach out to our office for guidance and support.