

Long-Term Care for Lifelong Implant Success

Long-Term Implant Maintenance Checklist

- Brush twice daily with soft-bristled toothbrush
- Floss daily (or use implant-specific floss/threaders)
- Use antimicrobial mouthwash as recommended
- Schedule professional cleanings every 6 months
- Wear a nightguard if you grind your teeth
- Avoid extremely hard foods (ice, hard candy)
- Quit smoking and limit alcohol
- Attend all follow-up appointments (especially at 3–6 months)