

Maintenance and recall after receiving your final Vitality Teeth

While Vitality teeth treatment offers a stable and long-lasting solution to replace all of your chewing ability and smile, but proper maintenance at home combined with regular follow-up appointments for professional cleaning are crucial for long-term treatment success.

Daily home care for your final (permanent) Vitality Teeth

- **Brushing:** Use a soft tooth rich and Bruch your Vitality teeth with a tooth whitening toot paste twice a day.
- **Mouthwash:** Use an antibacterial mouthwash such as Listerine or Scope, preferably alcohol-free, to reduce bacteria and promote gum health.
- **Waterpik:** fill the Waterpik container with an antibacterial mouth wash such as Listerine or Scope and flush out any food residual undervest of your Vitality Teeth every day before going to bed.
- **Tongue cleaning:** Gently brush your tongue to remove bacteria and freshen breath.
- **Smoking:** Smoking not only will nicotine stain on your beautiful new Vitality Teeth it can impact the health of you gum and supporting bone around your implants.
- **Managing biting forces at night:** Vitality team will make a bite guard for you at your last visit of finally delivery of your new Vitality Teeth. It is critical to wear your bite guard every night to protect your implant. Excessive forces on your teeth because of brutism (grinding and clenching your teeth at night) will over load supporting implant will will cause sever bone loss around you implant and ultimately failure of you Vitality Teeth treatment] night-guard can help protect your implants from excessive pressure and wear.

Home care and dietary recommendations post Vitality teeth surgery

- **Initial healing period (first few weeks/months):** Strictly follow a soft diet (thin fish, over cooked pasta, risotto) to avoid putting stress on the supporting implants as they integrate with the jawbone.
- **Mouth wash:** twice a day rinse with Chlorohexidine mouth watch
- **Waterpik:** Avoid using waterpik for 2 weeks after your implant surgery. After 2 weeks start with slow speed and fill you waterpik with Chrohexidine mouth wash to flush out any food residual undervest of your Vitality Teeth every day before going to bed.

Regular professional care and recall appointments

- **Follow-up appointments:** Follow-up appointments are essential for monitoring the your Vitality and supporting implants ensuring long lasting integration of the implants with your jaw bone. Professional checkups should be scheduled every 3-4 months after delivery date of your final Vitality Teeth
- **Professional cleanings:** During these visits, our implant prosthetic expert will disassemble your vitality teeth (if you have a screw retained design) so it can be clean by an ultrasonic technology and your abutment attached to your supporting implants will be polished
- **Radiographs:** We recommend taking a Panoramic X-ray of your implants once a year to assess the bone level around your implants.