

Complete Implant Supported Bridge - Syncone

INSTRUCTIONS FOR USE AND ONGOING CARE

Your new bridge prosthesis has been custom made to fit the shape of your gums and attachments have been placed to support your prosthesis securely to the implants. The bridge has a metal sub frame encased in acrylic. The method for processing acrylic does introduce some small irregularities and so slight imperfections of fit are likely and hence “rubbing” or “sore spots” are to be expected in the first weeks of use, even with attachments being fitted.

USE OF YOUR NEW BRIDGE

Your new bridge is supported and retained by your implants. It is meant to be worn full time and removed only for cleaning of the implant abutments and the prosthesis itself. You may also wish to remove it after meals and rinse as needed. You should sleep with your bridge in place, removing it before bed and upon waking, to rinse and clean it. Remember that your implant attachments still need to be brushed like natural teeth as well.

You should be able to bite soft foods with your new bridge (sandwiches, muesli bars, apples) and be able to chew most foods well. Very hard foods are not recommended and may cause your new bridge to dislodge, or even chip.

CLEANING AND CARE:

As the acrylic of the prosthesis is fabricated in a water bath, the finished prosthesis retains some moisture content and hence is susceptible to drying out when not in your mouth. Therefore, it is important that the prosthesis is kept in a humid environment when not being worn. This can be a zip-lock bag or Tupper Ware container with a drop of water in it, or the prosthesis can be fully submerged in a container of water. However you achieve it, please keep the prosthesis moist to ensure it does not dry out, crack or warp. Ideally, wear your prosthesis full time as already described.

Your prosthesis must be cleaned each day with a small-head toothbrush and liquid soap. Do not use toothpaste (which forms a scum) or harsh abrasives (Ajax etc.). Once a week, or more regularly, you may like to use a denture soak solution (such as Polydent or Sterident) to assist to clean your prosthesis. Please be sure to select a cleaner which states on the packet that it is safe to use for metal framed dentures. You should aim to remove your prosthesis after each meal, and rinse it, and once each day, give it a thorough clean as described above. As you will wear your prosthesis overnight whilst sleeping, your gums will need a rest too, and saliva must wash over the gums to prevent bacterial or fungal infection. It is therefore important that you brush your implant abutments and gums twice a day, just as if they were real teeth, and this must be done in addition to cleaning your prosthesis.

FUTURE CARE:

Once your natural teeth are removed, the gums will begin to shrink as the jaw bone below begins to re-shape. Most of the changes occur in the first six months after the extractions. However, gums continue to change and so your prosthesis will become less well fitting to the gums, over time and you may progressively see more food accumulation around it. To maintain your prosthesis, you should plan for at least annual reviews to monitor the health of the gums and detect further shrinkage. The implants also need to be checked with x-rays. Early detection will mean that a loose prosthesis can be corrected by changing attachments or acrylic relining as needed. A Reline of the prosthesis will improve its fit to the gums. This is a separate procedure with its own item code and cost. Late detection of gum shrinkage may necessitate a new prosthesis be made instead.



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You should expect the acrylic on your prosthesis to last 5-7 years on average, before any major follow-up treatment is needed. However, harsh cleaning or a diet high in staining, hard or acidic foods may decrease this life expectancy. When the first major future care item is needed, it will most likely be a replacement of the acrylic and teeth on the existing prosthesis. This will be done when there is sufficient wear and staining of the existing prosthesis to warrant it. Again, its timing will depend on individual circumstances and this has its own items and costs. Whilst the “gold fitting caps” may also need replacement in the future, this procedure to make your prosthesis is relatively new (under 10 years) so there is no data yet to tell us when this could happen. In regards to the actual frame and implants, these may never need replacing, but again, the data is not yet there for us to advise you accurately on this, Suffice to say, it should be many years into the future.

Please do not hesitate to contact us at any time if you have any questions about the use and care of your new prosthesis.

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Suite 5,
158 Graceville Avenue
Graceville QLD 4075

phone (07) 3379 1555
fax (07) 3379 1553

info@brisbaneprosthodontics.com.au
www.brisbaneprosthodontics.com.au