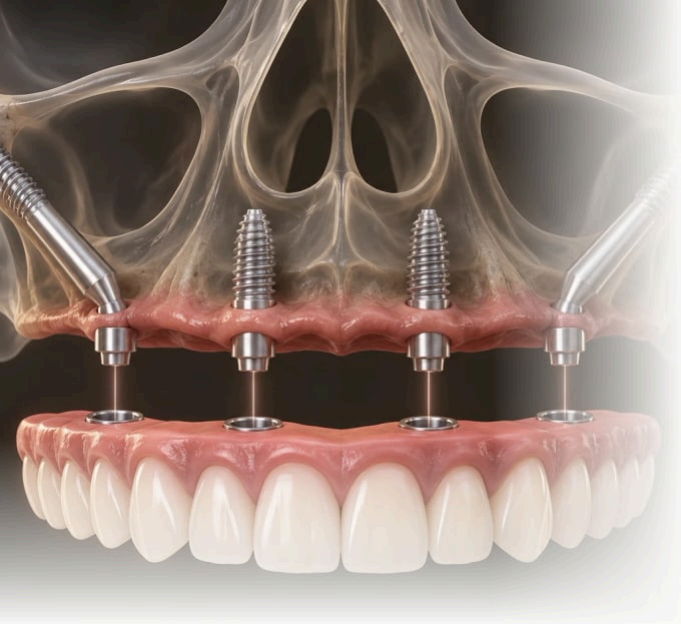

BM TÜRKİYE

Zygomatic Implants / Aftercare guide

Daily care for implants

01 · Simple medical guide for patients

Protecting your smile every day

Dental treatments like implants are strong and reliable. But their long-term success depends on daily care and healthy habits.

02 **Implants & daily hygiene**

Implants do not get cavities, but bacteria can collect around them.

To protect your implant every day:

- Brush twice daily
- Clean gently around the gum line
- Floss or use interdental brushes daily

Note Clean gums keep implants stable.

03 **Night grinding (bruxism)**

Grinding often happens without noticing.

If you grind your teeth:

- Natural teeth wear faster
- Restorations may crack over time

Protect your smile:

- Ask your dentist about a night guard

Note Night protection saves restorations.

04 **Flossing after treatment**

Your toothbrush cannot reach between teeth or implants.

Daily flossing:

- Removes trapped bacteria
- Protects gum health
- Extends treatment results

05 **Food & drinks after treatment**

Implants are strong — but not indestructible.

Avoid frequently:

- Chewing ice
- Hard nuts
- Sticky candies

Note Smart eating protects your smile.

06 **Follow-up visits**

Problems around restorations often start small and painless.

Regular dental visits:

- Detect issues early
- Prevent major damage
- Save time and cost

Note Check-ups protect your investment.

Questions after your treatment?

Write to us any time — we answer on WhatsApp 24/7.

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