

Dear [Patient's Name],

We hope this message finds you well. Congratulations on your recent dental implants! To ensure the longevity and health of your new implants, it's crucial to maintain excellent oral hygiene. Here are some tips to follow:

1. Brush Twice a Day

Use a soft-bristled toothbrush and fluoride toothpaste. Brush gently around the implant area.

2. Floss Daily

Use unwaxed dental floss or a floss threader to clean around your implants.

3. Rinse with Antimicrobial Mouthwash

Choose an alcohol-free mouthwash to reduce bacteria without irritating your gums.

4. Avoid Hard Foods

Refrain from hard or sticky foods that can damage your implants.

5. Regular Dental Check-ups

Schedule follow-up appointments to monitor the health of your implants.

If you have any questions or concerns, please do not hesitate to contact us.

Sincerely,
[Your Dental Practice Name]