



## FURTHER INFORMATION

The most important parameter for maintaining absolutely healthy gums is an optimal vitamin and nutrient balance, which should be monitored regularly by checking vitamin D3 and LDL levels (LDL must be < 1.4 g/l, preferable is < 1.0 g/l and D3 > 40 ng/ml, preferable is > 60 ng/ml).



You can find our vitamin D3 dosage here - simply scan the QR code

Contrary to earlier assumptions, we now know that periodontitis is not caused by poor oral hygiene on the part of the patient, but rather by a lack of nutrients, which causes the gums to become inflamed, painful and sensitive to touch. As a result, the patient does not brush as intensively as he or she should, so that soft and hard plaque can increasingly accumulate. However, soft and hard plaque is the result of a nutrient deficiency and not the cause of periodontitis.

Therefore, we recommend the permanent intake of good vitamin and mineral supplements such as SWISS BIOHEALTH'S BASELINE and BOOST.

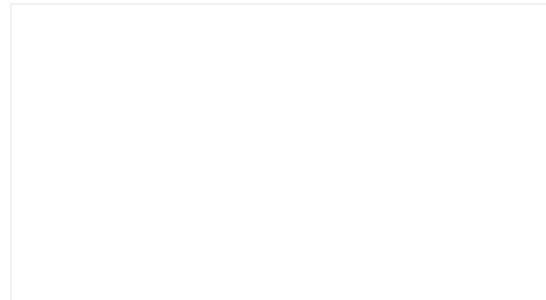


You can find our recommendations for nutritional supplements at [www.swiss-biohealth-vital.com](http://www.swiss-biohealth-vital.com) (available only in German)

# MAKING THE WORLD A HEALTHIER PLACE

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## Information about Dental Hygiene and Self-Care





## INTRODUCTION

In the case of unhealthy gums, for example due to periodontitis (bacterial inflammation of the tooth bed), periimplantitis (bacterial inflammation of the tooth bed around implants), amalgam fillings or metal-based inlays and crowns, a thorough, mechanical cleaning of the tooth pockets has been the usual therapy until now. Hard and soft deposits (plaque and concretions) that had accumulated in the gingival pockets could be reliably removed in this way, but this was at the expense of the bond between tooth and gum.

After successful restoration with ceramic implants and/or all-ceramic crowns, the gum has healed and grown firmly to the tooth or ceramic implant. The “immunological door” is thus closed and should remain so. Therefore, we strongly advise against mechanical cleaning below the gums, otherwise the firm bond between the tooth or ceramic implant and the gums could be damaged again.



## CLEANING THE TEETH

The teeth or crowns should only be carefully cleaned with a soft brush and toothpaste above the neck of the tooth, otherwise the bond between the gum and tooth or ceramic implant could be damaged. Under no circumstances should various instruments be used to clean under the gums! Neither fluoride treatments nor varnish treatments

should be used. We recommend the use of an Air-Flow® system.



## TARTAR REMOVAL

For patients who are prone to the formation of concretions (tartar) in the front of the lower jaw due to saliva that is very rich in minerals, it may be necessary to perform removal. The interval between treatments should be long. In this case, tartar removal should be performed every 6 to 12 months at most and only in the lower front of the jaw.



## DENTAL CARE FOR YOU AT HOME

1. Please clean your teeth two to three times a day with a not more than medium-hard toothbrush and a fluoride-free toothpaste. Additionally, you can clean once a day with a mixture of sodium bicarbonate and coconut oil to whiten your teeth.
2. We warn against the use of oral irrigators, as their hose system provides an ideal breeding ground for a wide variety of pathogens. Under certain circumstances, the water jet can shoot these pathogens into the gingival pocket,

where infections and inflammations can form.

3. We recommend that you do not use interdental brushes, dental floss or toothpicks, as these destroy the firm bond between the tooth or ceramic implant and the gums each time, allowing plaque to build up in this area. If you do not use toothpicks, interdental brushes and dental floss, the gum remains firmly attached to the tooth or ceramic crown and there is no need for cleaning. This has been proven by numerous studies, which has led to the ADA (American Dental Association) withdrawing the recommendation of flossing in October 2016.
4. To clean between teeth, we recommend what is known as oil pulling. This involves very intensive swishing of about one tablespoon of cold-pressed organic oil (coconut oil, sunflower oil, olive oil or even almond or walnut oil) in the mouth for about five minutes in the morning before brushing the teeth, forcing it through the teeth and then spitting it out. The teeth are then brushed as usual. This is not only a very effective detoxification method, but also an excellent method to seal the teeth and supply the gums with important nutrients.