

## Prosthodontists' Infographic Offers 6 Pearls of Wisdom to Care for Restored Pearly Whites

**PROSTHODONTISTS TO PATIENTS:**

**6 PEARLS OF WISDOM**  
to care for your restored pearly whites  
and avoid do-it-again dentistry

- Get a **dental examination** and cleaning at least every 6 months.
- Brush your teeth with a **fluoride toothpaste** at least twice a day.
- Floss your teeth** at least once a day.
- Use a **mouthwash** recommended by your prosthodontist.
- Follow your prosthodontist's tailored **at-home maintenance** recommendations.
- Wear a night guard** if recommended by your prosthodontist to protect your restorations.

**2 BONUS TIPS:**

- DON'T SMOKE OR CHEW TOBACCO**
- AVOID EATING A HIGH-SUGAR DIET**

**WITH THESE RECOMMENDATIONS...**  
Your restored teeth can last decades **AND** avoid do-over dentistry!

FIND YOUR LOCAL PROSTHODONTIST ON [GOTOAPRO.ORG](http://GOTOAPRO.ORG)

**ACP** | AMERICAN COLLEGE OF  
**PROSTHODONTISTS**  
Your smile. Our specialty.®

CHICAGO – Prosthodontists from the [American College of Prosthodontists](http://American College of Prosthodontists) (ACP) believe that healthy people have healthy mouths. Individuals *can* have a healthy mouth even if they are missing teeth – a common problem.

**Problem:** Today, more than 120 million Americans are missing one or more teeth. Plus, 36 million Americans are missing all of their teeth in one or both jaws.

A recent *Journal of Prosthodontics* article in the January 2016 Issue by Dr. David A. Felton, titled “Complete Edentulism and Comorbid Diseases: An Update,” cites dozens of studies where people missing most of their teeth experience bad health outcomes.

Once a patient has replaced and restored teeth, how should patients take care of them to keep them in tip-top shape?

**Solution:** ACP Releases the 1<sup>st</sup> Clinical Practice Guidelines (CPGs) for Restored Teeth – Prosthodontists offer “six pearls of wisdom” to care for restored teeth (see infographic) at home and for life backed by science.

**End Result:** Restored teeth taken care of properly at home and throughout one’s life last longer, and aren’t as likely to fall out or pop off, so a patient’s investment in getting a healthy mouth, with beautiful teeth restored to their natural appearance, strength, and function, are

more likely to last longer, and look gorgeous. Before the CPGs, oral health providers anecdotally understood what worked to care for restored teeth. Now Prosthodontists know and recommend scientifically proven at-home and lifelong care options.

Patients and oral health providers: The American College of Prosthodontists is offering FREE access to this research and more from the *Journal of Prosthodontics* in honor of National Prosthodontics Awareness Week April 3-9, 2016. Access the free links below.

### **Complete Edentulism and Comorbid Diseases: An Update (pages 5–20)**

David A. Felton

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### **Special Issue: ACP Clinical Practice Guidelines: Recall and Maintenance of Patients with Tooth-Borne and Implant-Borne Dental Restorations**

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Prosthodontists are specialized dentists with advanced training in oral health issues, who are committed to improving patient outcomes. From implants, crowns, veneers and tooth whitening, to full-mouth reconstruction, Prosthodontists specialize in [digital dentistry](#), [cosmetic dentistry](#), and [sleep apnea](#) solutions.

The ACP is the only prosthodontic specialty organization whose membership is based solely on education credentials. ACP members must be in or have completed an ADA-accredited advanced education program in Prosthodontics.

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#### **About the ACP**

The American College of Prosthodontists (ACP) is the official sponsoring organization for the specialty of Prosthodontics, which is one of only nine recognized specialties of the American Dental Association. Founded in 1970, ACP is a not-for-profit organization dedicated to enhancing patient care, advancing the art and science of Prosthodontics, promoting the specialty of Prosthodontics to the public and other dentists and healthcare professionals, ensuring the quality of prosthodontic education and providing professional services to its membership. For more information, professionals may visit [Prosthodontics.org](http://Prosthodontics.org), and consumers can learn more at [GoToAPro.org](http://GoToAPro.org).

#### **About National Prosthodontics Awareness Week (NPAW)**

During NPAW, April 3-9, prosthodontists nationwide will be hosting free events including oral health screenings, lectures, community service outreach and other activities to raise the public's awareness about the importance of a healthy mouth and the benefits of seeing a prosthodontist. As a way of giving back to the oral health community to celebrate National Prosthodontics Awareness Week (NPAW), the American College of Prosthodontists (ACP) is offering FREE access to selected scientific research published in ACP's peer-reviewed *Journal of Prosthodontics*. Free access to research helps dental professionals improve patient outcomes.