



Patient information: Telescopic prosthesis

Insertion and removal of the telescopic prosthesis

When removing the prosthesis, it is important to pull it out evenly. Use your thumb and index finger of both hands to reach for the place where the telescopes are. Now remove the prosthesis by either pulling or wiggling it with both hands. Be careful to ensure that you do not completely release one side first, as this can tilt the telescopes. The prosthesis must be pulled out evenly and in small steps. If you use a tissue, **please make sure that no tissue pieces or other foreign objects are left in the telescopes of the prosthesis**, as this could make further removals difficult.

When inserting, the prosthesis must be put in in such a way that the telescopes are evenly led into each other, in order to avoid tilting. **Do not bite your teeth until the prosthesis is fully inserted.**

If in the future you are planning to have surgery under general anaesthesia, please show your anaesthetist beforehand how firm the prosthesis holds in the mouth. In that way it might be possible that the prosthesis may remain in the mouth during anaesthesia.

Care of the prosthesis

The only reason to take the telescopic prosthesis out of your mouth is their **daily cleaning**. That means that the **prosthesis should remain in the mouth even at night**. It is recommended to clean the prosthesis after every meal, but **at least once a day**.

To clean it, carefully remove the prosthesis from your mouth as described above and first set it aside. When the telescopic prosthesis is no longer in the mouth, be careful **never to bite the caps** as the teeth could break off.

Over time, a thin layer of bacteria (plaque) forms on the telescopic crowns in the mouth, just as it happens on the real teeth. To remove it, it is recommended to use **a customary toothbrush with soft bristles and toothpaste with herbs**. Always clean the bacterial layer in one direction, that is - **away from the gums and towards the cap**. In this way you avoid the bacteria being swept in the gum pockets.

After cleaning the caps, lightly massage your gums and alveolar ridge with the toothbrush and toothpaste. This improves blood circulation which slows down the natural bone breakdown of your alveolar ridge.

You can clean the prosthesis with a toothbrush and toothpaste, too. Ensure that your toothpaste does not contain any cleaning particles which could scratch the surface of the prosthesis.

It is also very important to clean the inside part of your telescopic prosthesis. For this, it is recommended to use a cotton swab (Q-Tip) with which you can clean the inside of the cap. However, it is important to make sure that no cotton residue remains in the telescope after cleaning.

Never use denture cleaning tablets to clean the prosthesis as they are aggressive towards plastic and could make it fragile.