

What will my first day feel like?

Your dentures will feel stable and secure. Though there will be some mild discomfort, you should not experience any excessive bleeding. If needed, your dentist can prescribe pain medication that will control the discomfort, but you should only take it as directed. You may eat when you're hungry, while avoiding excessively hard or sticky foods for a period recommended by your dentist.

*"With the mini implants,
I can eat anything...I
wish I would have done
this 20 years ago."*

Jeanette A. MDI denture
patient since 2004



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How do I take out the dentures?

Place your thumbs under each side of the lower denture rim and push both sides up at the same time. You can also use your tongue to assist in the removal. Then, rinse your mouth with an antiseptic mouthwash. 3M ESPE also recommends using an ACCESS™ toothbrush, which has been specifically designed to clean your implants as it gently stimulates the surrounding gum tissue.

How do I put in the dentures?

First and foremost, clean and remove any food and bacterial debris from the ball of the implants and O-ring features, as if they were your natural teeth, especially after meals. This prevents inflammation of the gums by plaque, which could be forced into the O-ring fixtures and then cause improper seating and problems with retaining the dentures in your mouth.

Second, grasp the denture with both hands and lightly seat it, so that you are feeling the O-rings resting above the ball head of the implants. Then, by pressing down firmly and equally on both sides, you'll feel the denture snap into place.

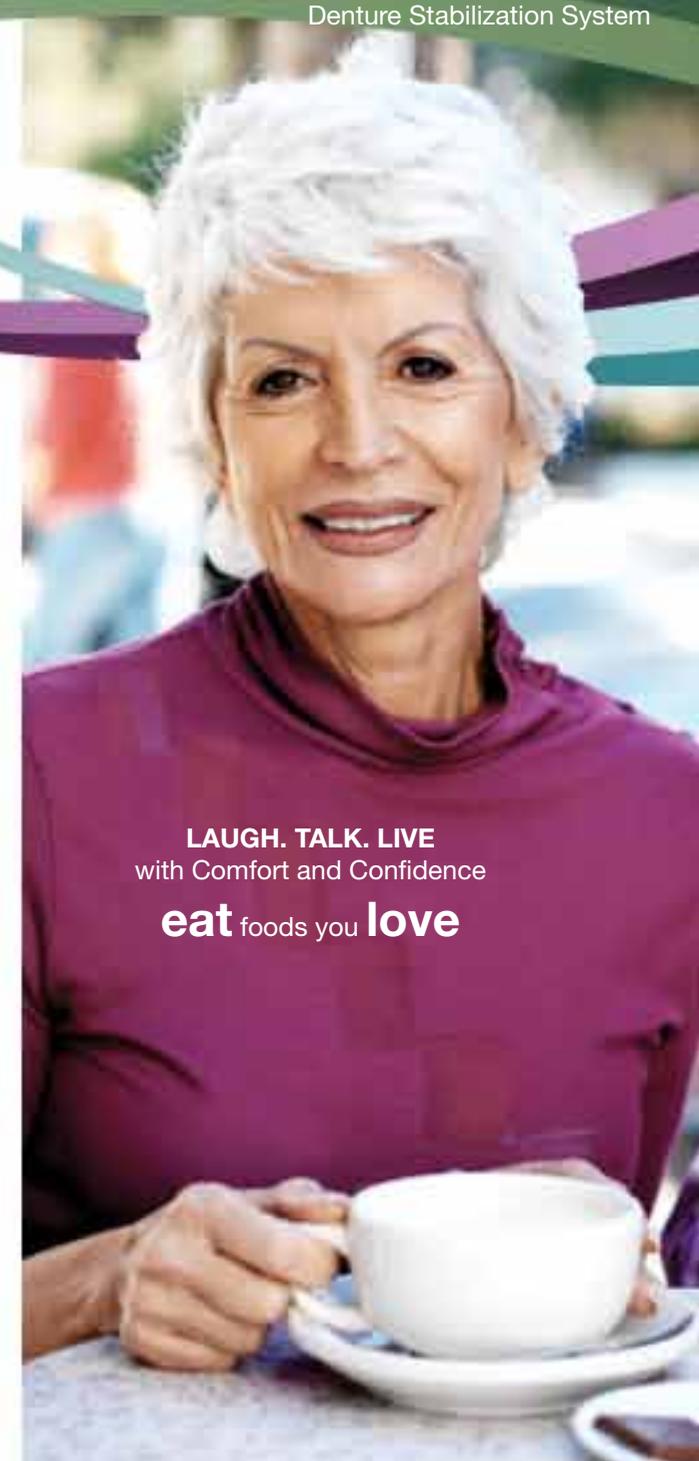
What if you encounter problems seating the denture?

Always remember that the implants and the dentures must be absolutely clean. You might need to use a lighter touch to rest each implant over its corresponding socket. When you are pushing downward on both sides of the dentures, make sure you are doing so equally. If you still have difficulty, it may take another person like a spouse or family member to help you get the feel for placing the dentures.

What about care and maintenance?

As well as the ACCESS toothbrush for brushing and cleaning the implants and O-rings, ultrasonic cleaners are ideal for ensuring that the retaining fixtures are free from food impaction and debris. Either mouthwash or a 50-50 peroxide mix are good solutions for the ultrasonic cleaner. You can also use a Waterpik® to rinse out the implants and O-rings. **Do not use effervescent cleaners**, as they might cause the O-rings to deteriorate.

If the dentures do not remain securely in place, contact and inform your dentist of your problems. Your dentist will perform the appropriate checkup and determine the condition and maintenance of your gums, the implants, and the O-rings.



LAUGH. TALK. LIVE
with Comfort and Confidence
eat foods you love

What MDI Mini Dental Implants will do for you and your dentures

3M™ ESPE™ MDI mini dental implants can be your solution to gaining the stable and secure dentures you've always wanted. It can often take only one appointment in your dentist's office, where mini implants can be placed in less than two hours. Soon, you'll be out and about, enjoying a lunch of your favorite foods, talking with ease, laughing and smiling freely. All that time, you're feeling a new stability in your dentures—secure that they have the staying power you need without messy adhesives or creams. And you can have all this at a reasonable cost to you.

What are MDI mini dental implants and how can they benefit me?

Over the years, dentistry has made great advances when it comes to dental implant therapy. The introduction of mini implants, known as the MDI Denture Stabilization System, has been a significant advancement in recent years. In the past, many patients could not withstand the rigors of conventional implant surgery or did not have enough bone in their mouth to allow for larger implants or were seeking lower cost options. Now, with 3M™ ESPE™ MDI mini dental implants, those patients can experience an immediate stability in their dentures without going through costly and stressful traditional methods, and gain all the benefits in the quality of their lives that this brings.

Your dentist can explain more about the procedure and what it would mean to you and your teeth. Ask today, and you're on your way to having teeth that feel more like your own again.

Tell me more about the MDI Denture Stabilization System.

First, your dentist and you discuss the several different types of implants and restorations that are open to you, depending on what you prefer, the amount of bone available in your mouth, and your general health. Your dentist will describe how miniature titanium alloy (the same type of metal used for orthopedic procedures) implants would be quickly and easily inserted into the bottom of your mouth so that they serve as anchors for your dentures. Because of the minimally invasive nature of the procedure, the MDI placement won't require you to go through a lengthy healing period, meaning that you will feel increased stability in your dentures the same day your mini implants are placed.

"I'm so thankful for how much the MDI's have improved the quality of my life. Everyone who wears dentures should consider having this procedure. It's so simple!"

Nadine L., Oklahoma City, Oklahoma

How are the MDI mini implants placed?

The procedure takes place in your dentist's office, with local anesthesia. Your dentist uses a precise and controlled technique to insert the small diameter implants (around 2 millimeters wide) into your jawbone (see illustration below). With heads that are shaped like a ball, the implants protrude from the gum tissue where they will provide a secure anchor for your dentures. Retaining fixtures that carry a rubber O-ring will be inserted into the bottom of your dentures. When your dentist seats the dentures, the O-ring snaps over the ball like a socket and locks the dentures firmly into place as they gently rest on the gum tissue. The implant fixtures are designed to allow for a measure of mobility as they withstand the lifting forces that come naturally to the functions of your mouth and your teeth.

A Scientific Breakthrough in Denture Stabilization

