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Biofilm control and Behaviour Change

We know the causes of peri-implant diseases and the risk factors associated with them. We also understand how to control these conditions through proper oral hygiene and professional care. Yet, despite this knowledge, the challenge remains far from resolved.

Low adherence to oral care routines can have serious consequences—not only for oral health but also for the success and longevity of dental implants. Preventing peri-implantitis and peri-mucositis requires more than clinical expertise. It depends on fostering behaviours that patients often find difficult to initiate and sustain over time. Are we, as oral health professionals, truly prepared to address this?

Supporting patients in managing their behaviours is critical for implant success. For instance, neurobiological research highlights the role of dopamine in motivation and reward processing—key factors in patient adherence to oral hygiene routines. This system underpins many motivated behaviours, including those essential for maintaining peri-implant health.

While we won't delve deeply into the science, we'll explore how opportunities and experiences shape behaviours and how these insights can be applied to create lasting change. By leveraging this understanding, we can develop strategies that empower patients to maintain effective oral health routines.

In dental implantology, where the stakes are high, it is crucial to equip professionals with communication and psychological skills to address the behavioural dimensions of conditions like peri-implantitis. Success lies not only in clinical expertise but also in building strong patient partnerships and fostering sustainable behaviours. Let's shift our perspective and explore how behavioural sciences can enhance our approach to implant care and disease prevention.

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