



## **The Ultimate Dental Implants Guide From Gipsy Lane Dental Care**

We believe dental implants offer numerous advantages over and above traditional dental methods like bridges and dentures. The ultimate decision, of course, is yours. We hope that the information provided within this document will answer many of your questions and will help you make the best decision about your dental care.

Don't forget here at Gipsy Lane Dental Care we provide a free 45 minute consultation where our experts can answer all your questions face to face.

We hope to see you at Gipsy Lane Dental very soon, give our reception team a call today on **0118 966 790707**

### **What is a Dental Implant?**

A dental implant is an artificial replacement tooth which is embedded into the bone. Once in place, it looks and behaves like a natural tooth. The complete dental implant is created in 3 parts.

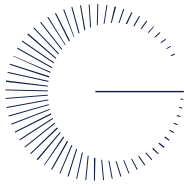
1. The Implant - which is similar to a screw fixture which is embedded into the bone.
2. The Abutment - which joins the crown to the implant.
3. The Crown – which is a custom made artificial tooth.

Once fitted they give the appearance of a natural tooth and are provide the foundation for long term alternative to dentures.

### **How does it work?**

The treatment involves several stages.

1. Treatment Assessment: A full initial consultation will take place, including oral and dental examination, medical history, x-ray and production of a model formation. A written treatment plan is usually made at this point.
2. Implant Placement: This is a relatively simple surgical procedure that can be performed in the dental surgery. It is usually performed under local anaesthesia with sedation if required. The length and duration of this element will depend of the number of implants required. If you are missing just one tooth, only one implant will be required, however, larger gaps where 2 or 3 teeth are missing do not necessarily require one implant per tooth.
3. Integration Period: This is a vital part of the procedure where the bone fuses with the implant. Depending on age, bone quality and general health this can take between 6 weeks to 6 months. During this time you may have a temporary removable bridge.



4. The Restorative Phase: Once the dentist is satisfied that the implant is sufficiently strong, the implant dental technician will affix the abutment and crown, bridge or overdenture.
5. Completion Check and Maintenance: Following the completion of the implant treatment you will need to have your implant checked regularly by your dentist. It is also advised to make sure to see a dental hygienist for a regular extra clean.

### What are the different types of implants?

There are 5 main types of implant procedures. Not all of these are suitable for everyone and your dentist will advise you as to which is likely to provide you with the best results.

- **One Stage Implants** – The implant is placed into a new or healing extraction site (The area where your own tooth had been removed from). The implant is clearly visible above the gum, although a temporary removable tooth may be used for aesthetic purposes as the implant will not normally be ready to support a crown for several weeks.
- **Two Stage implant** - This is the same as the One-Stage process, however the gum is sewn over the top of the implant until the site around the area has healed and the implant augmented. Once the site is ready, the gum is reopened and the abutment and crown is added. Again a temporary removable tooth may be used to cover the gap during the augmenting process.
- **Same Day implants** – Do not think you can just walk in from the street and expect to walk out again the same day with implants, it takes considerable planning. The implants are installed and a temporary bridge is placed over the site a few hours later. It is generally used for replacing teeth in the lower jaw. Again, not all patients are suitable for this style of treatment.
- **Immediate implant** – this is just another version of the one and two stage procedure mentioned above, and takes place on the day that the tooth is extracted. Not all patients are suitable for this approach.
- **Immediate implant and early loading** – This is essentially a one stage process, however a new tooth is added directly onto the implant. The new tooth will be designed to stay out of contact with existing teeth for the first 3 months and then it will be either fully restored. This procedure is more common where the tooth is in a highly visible location. Not all patients are suitable for the approach.

### **Will I be suitable for dental implants?**

Most healthy adults are considered suitable for dental implants. Children are not normally considered suitable as implants should only be used when the bones have stopped growing.

Your dentist will assess your feasibility for implants during your consultation. This will include a thorough examination of your oral and dental health, a medical history and X-rays. At this point your dentist would be able to tell you if you are suitable or if any remedial action is required prior to the implant procedure; for example, any issues relating to gum disease which need to be addressed prior to treatment.

Some dentists may decline implants for patients who smoke or drink heavily as the toxins in these substances may impact on the healing process.

### **What sort of health issues would make me unsuitable for dental implants?**

As most people enquire about implants as a result of ongoing oral or dental problems. These may have instigated their tooth loss. The underlying cause of these issues need to be addressed prior to treatment.

If you are aware of bad breath, excessive bleeding when brushing your teeth or loose, wobbly teeth this may indicate gum disease. Gum disease is a major cause of bone loss and with reduced bone, implant treatment can become complicated.

### **How do know if I have enough bone for dental implants?**

Usually a standard x-ray will show enough detail to make an appropriate judgement about the height of your bones. However being 2D images, some dentists would also suggest Dental CBCT Scans, which will obtain a 3D image of the jaw. CBCT stands for Cone Beam Computed Tomography and is able to show the quality, health and quantity of the bone. It also highlights any abnormalities or anatomical areas to be avoided. There is a lot more information about bones later on in this booklet.

### **How long will my implants last?**

It could be said that implants will last as long as natural teeth. Once your new implants have been comfortably fitted and adjusted, it is the quality of your personal attention to oral hygiene which will dictate the longevity of the implants. If poorly cared for, implants will develop a covering of deposits which react in a similar way to those on neglected teeth and gums.

### **How many teeth can be supported by implants?**

Dental implants can replace one or many teeth. All common tooth replacement treatments such as dentures and bridges can be supported.

If you have larger gaps, not every tooth will necessarily need an implant. The exact number of implants needed to support your new teeth will depend on the quality and quantity of bone in your jaw as well as your natural habits. For example, people who grind their teeth in their sleep will need more implants due to their extra natural movement.

### **If you are inserting implants into my bone, will it weaken my bone?**

Surprising as it may sound, the opposite is true. As a result of the activities like smiling, chewing and chatting, the bone is stimulated and becomes slowly stronger and denser. The extent to which this happens, of course, depends on your natural genes, health, age and lifestyle.

### **Will I have replacement teeth while my implants integrate?**

If the teeth being replaced are highly visible, you will be provided with a number of options as to how this gap can be covered in an aesthetically sensitive and comfortable manner. Your dentist will discuss the options with you during your consultation so that you can choose your preferred method.

### **Are dental implants placed next to my own natural teeth?**

The aim of dental implants is to give you as natural a smile as possible in the most comfortable manner available. Therefore it is normal for implants to be placed next to natural teeth. However, on occasion there may be difficulties with the placement of the implant as a result of neighbouring teeth having curved roots for example. With careful pre-operative planning the impact of such incidences can be avoided.

### **Will it hurt when the implants are being inserted?**

Implants are placed using the same anaesthesia methods as are used for fillings. The procedure can take upwards of 30 minutes for a single tooth to several hours for multiple insertions.

During the procedure the bone will be exposed, so therefore it is only honest to warn patients that there will be some swelling, bruising and discomfort. Everyone has different tolerances to discomfort but it is unusual to need anything more than an over-the-counter headache tablet. Naturally, should you feel that this is not effective enough, simply call your dentist, who may prescribe stronger medication.

The procedure does you stitches, which will be removed after 7-10 days. As a precautionary measure, some dentists require you to take antibiotics and saline based mouth washes too.

### **I'm scared, can I be sedated please?**

There is a wide range of options available should you feel anxious. All of the methods should be discussed with you at the time of your initial consultation. The vast majority of procedures take place in the dental surgery, however on occasion, the more complex procedures are conducted in a hospital as a day patient. These patients will be advised not to eat or drink for at least 8 hours before the procedure, although they will still be able to go home the very same day.

If a bone graft is required, then this will need to be done under general anaesthesia.

### **Bone is mentioned a lot, what if I don't have enough?**

Sometimes, when natural teeth are lost or removed, it leaves insufficient bone for the implants. If this is the case then there are a number of options.

There are many ways in which bone can be added, one of the methods is referred to as onlay grafting. A new piece of bone will be joined to the area of deficiency and slowly that bone will merge into the existing bone. Once mature the whole area has healed and appropriate location for the implant is identified and the normal process is followed.

For upper jaws above the back teeth, the sinus region can also be used with a procedure called sinus augmentation. This is a well-established procedure for where teeth are missing in the upper rare of the mouth.

### **Where does the extra bone come from for grafting?**

The bone for grafting can come from a wide variety of sources. Common locations are chin bones, behind the back teeth in the lower jaw, hip bones or even shin bones. However, there will be additional discomfort in the location of the harvesting zone. Using your own bone is always considered to be the ideal solution as there is no chance of rejection.

For those who believe that they would rather go down a slightly slower route, without the added discomfort of harvesting some of their own bones, then there are alternatives. Bovine (cow), Porcine (pig) or Synthetic solutions are available. These have been specially created to make them safe to use in humans and to match to be perfectly compatible with your natural DNA composition. New bone can take up to 12 months grow to the required amount to be ready to use for

implantation. Each dentist has their own preference depending on your requirements and will guide you through the process.

### **If I need a bone graft, will the process take longer?**

Bone grafting is a specialist skill in its own right. As bone grows far more slowly than soft tissue like skin and gums, the time it takes for your bone to graft to the new bone will take some time to be ready, mature and secure. This will naturally be in addition to the time it takes for the implant to integrate. Your dentist will provide you with a personalised plan including timelines.

### **Once I have my implants, how do I look after them?**

As with your natural teeth, it is vital that you look after your implants too. Maintaining good oral hygiene improves the lifespan of your implants and your teeth.

You will need to brush and floss as you have done before but possibly a little more carefully. There are some special floss and mouth wash products available for people who use implants.

Once your implants have been checked by your dentist, it is very important to have regular visits to the hygienist. They will be delighted to offer you a personalised cleaning and maintenance regimen.

### **How successful are implants?**

Implants have a 95% success rate. However, 5% of implants may fail or become loose in the long term. There could be a variety of reasons for this, one being that the implant was not given enough time to integrate properly or that the bone surrounding it has become old, worn or weak.

If an implant fails, it is unlikely that you will feel any discomfort. In most cases the weakness can be fixed. Your dentist will be able to discuss all the options and ideal treatment methods.