

# Dental Implants

## Patient Information





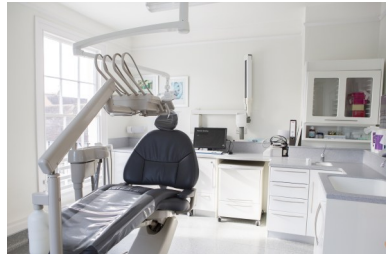
## Considering dental implants?

The aim of this brochure is to give you all the information you need to make an informed decision about whether dental implant treatment is right for you. If you have any questions that are not answered in the information provided please do not hesitate to ask.

## Why Langmans?

Langmans Dental Health Centres have been placing implants for over 25 years to both patients of our practices and through referrals from other dental practices. It is an area the team are passionate and experienced in.

Our purpose built practice in Stratford Upon Avon was designed with a dedicated implant suite and we have made a significant investment in a Cone Beam CT scanner. This provides our dentists with high quality imaging in a 3 dimensional format to allow concise and predictable treatment planning.



*I just wanted to say thank you to you and your fantastic nurses for the time you took and your patience with the procedure. I'm absolutely thrilled with the new teeth, it seems rather dramatic to say they are 'life changing' but they are.*

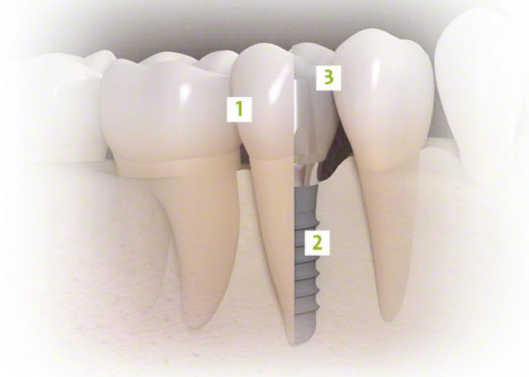
*We went out for dinner immediately after the teeth were fitted, I can't remember enjoying a meal so much - and of course they look and feel fantastic.*

**B Tromans**

## What are dental implants?

A natural tooth consists of a crown and a root. Dental Implants are artificial tooth roots, usually made of titanium, that are placed in the bone of the jaw. Your bone then grows into the implants in a process called osseointegration. The integration of the implant with the bone is a prerequisite for achieving a strong, stable foundation for a new crown, bridge or denture.

Nothing beats a healthy natural tooth but dental implants are the closest you can get. They look, feel and function similarly to natural teeth.



1. Natural Tooth
2. Dental Implant
3. Implant Crown

## Dental implants are suitable for replacing:

- A single missing tooth
- A few missing teeth
- All missing teeth

## Missing teeth?

Teeth can be lost through trauma such as a sports injury, decay, aging, advanced gum disease and failed root treatments. As well as leaving a gap in your mouth affecting your smile, it can also affect the ability to chew and the structural integrity of the bone and jaw. This is because after teeth are lost the bone support underneath the gum starts to shrink. This can cause lack of support and may cause the facial structure around the mouth to collapse which can look aging.

## Options for replacing a single tooth or a few teeth

A conventional bridge can be used to replace a single or a few missing teeth. It is fixed on to existing teeth either side of the gap. This is an affordable solution however it does require reforming the adjacent healthy teeth to hold the bridge. This means that the healthy teeth will lose their protective enamel coating which in many cases can reduce their life expectancy. A bridge will also not prevent bone loss in the space where the original tooth was lost.

### A traditional bridge to replace one missing tooth



The other option is to replace the teeth with dental implants. The big advantage of using implants is that existing teeth will be preserved in both their functionality and aesthetics. Additionally the crowns and bridges are fixed to implants more securely, offering more safety and comfort.

### Single implant and crown replacing one missing tooth



### Two implants used to support a bridge



## Options for replacing all teeth

The traditional option for a full set of teeth replacement is a denture. These are made of acrylic and sit snugly over the gums.

Whilst they can be a great alternative to missing teeth, the fit and stability of a denture declines over time, because the shape of the jawbone changes due to bone loss.

Many denture wearers find that they struggle to keep them secure, have experienced sore spots or find that they make it hard to speak clearly and difficult to eat certain foods.



Enjoy life without pressure sores and instability. Dental implants fit.

Implants can also be used for patients missing a full set of teeth. Implant retained dentures are becoming very popular and can provide a new lease of life for denture wearers. By fitting a few dental implants we securely fit your denture in place without the need for adhesives.



## So how many implants will you need?

This will depend on how many teeth we are replacing. Usually, for one or two missing teeth, one implant is needed per tooth. For three adjacent missing teeth, we place two implants and make a three unit bridge to replace the three missing teeth. If all the teeth are missing in the lower jaw, two implants with a removable denture. For the upper jaw, four implants with a removable denture. This does depend on the quantity and quality of bone, and individual situations.

## Benefits of dental implants

- Feel and look similar to natural teeth
- Prevent/reduce bone loss
- You are able to eat what you want
- Improve your facial appearance, preventing sagging
- Boost self confidence
- Implant retained dentures stay firmly in place
- They can last a long time

Dental Implants. More than new teeth.

Improved quality of life.



## Which implant system does Langmans Dental Health Centres use?

We use the Straumann® Dental Implant System which is one of the best documented, with more than 35 years of extensive scientific, clinical evidence and supported by more than 700 scientific publications. This system has earned world-wide trust. Clinicians in over 70 countries have placed more than 14 million Straumann implants.

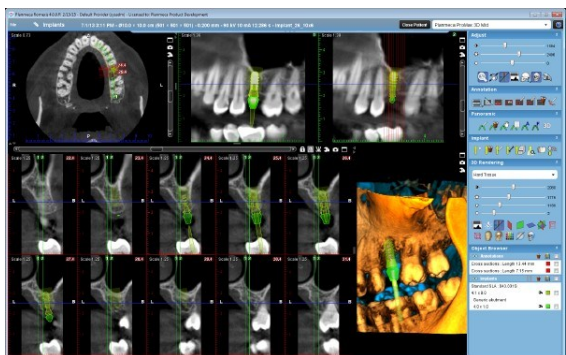
## Who is suitable for dental implants?

In general, most people who are in good health are suitable candidates for implants. Your dentition **must** be healthy and free of gum disease.

If you have a smoking, heavy drinking habit, or use recreational drugs then this will increase the problems with healing and the implant integration success rate. For best results giving up smoking is ideal and our clinicians can help with smoking cessation advice. We ask our patients to stop smoking for at least 2 weeks before and after the implant placement appointment.

There are also some conditions such as HIV or uncontrolled diabetes and medications such as bisphosphonates that can affect the bone integrating with the implant. These patients will need a careful assessment with their dentist.

We have a Cone Beam 3 dimensional CT scanner which we use to see if you have sufficient quality and quantity of bone. Patients with severe bone loss may still be suitable for implants but the treatment plan will need to take this into account and grafting additional new bone will be required. This sometimes means a referral.





# What is the procedure for dental implants?

## Initial Consultation

The first step is to have a consultation with one of our implant dentists. They will examine your mouth and discuss your medical history. It is likely that you will have a CBCT scan to assess the amount of bone in your jaw and to aid planning for the implant placement. The procedure will be explained along with timescales and a written quotation will be provided.

## Stage 1 - Implant Placement

Your dentist will have used the CBCT scan images to ascertain the type of implant to use. This will be surgically inserted under local anaesthetic similar to as if you were having a filling. An incision is made into the gum and the implant is screwed into the jawbone. Dissolvable stitches are then used to close the opening in the gum and the implant is now left to allow the bone to grow around it. This generally takes up to 12 weeks.

## Stage 2 - Suture Removal

Approximately 7-10 days after the implant has been placed you will return for a review appointment to check the healing and remove any stitches that have not dissolved.

## Stage 3 - Exposure of Implants

The implant is now uncovered and the healing cap is changed.

## Stage 4 - The restoration

This is the phase where the crown, bridge or denture to be supported on the implants is created and can take up to 6 appointments depending on the complexity of the case. Impressions will be taken, colour shades chosen, your bite will be recorded and a try in before the final fit will take place to check we are all happy with the colour, fit etc before sending back to the laboratory for finishing off.

## Stage 5 - Fit Appointment

The final appointment involves fitting the abutment and crown, bridge or denture.

## Frequently asked questions

### [Is the procedure painful?](#)

Most patients only experience a little gum tenderness from the local anaesthetic. Minor swelling or bruising can sometimes occur and over the counter painkillers such as paracetamol and Ibuprofen can be taken for a few days.

### [How long will the process take?](#)

The time from initial consultation to the final fitting appointment is usually up to six months.

### [What age can have implants?](#)

Dental implants can be placed once bone growth is complete which is usually around 18 years of age. It is never too late to have implants. If you are in good health you can usually have dental implants. We have many implant patients in their 70's, 80's and 90's. As mentioned previously when teeth are lost the jawbone tends to shrink due to bone loss. Therefore the sooner the tooth is lost the less bone loss will have occurred and the less likely you are to require a bone graft.

### [What is a bone graft?](#)

If following the Cone Beam CT scan it is deemed that you do not have sufficient bone to secure the implant a bone graft can be undertaken. This is when bone is taken from one area of your body and placed into the jawbone. Synthetic bone can also be used. A referral may be required.

### [Will I have gaps during treatment?](#)

During treatment planning we will discuss the option of a temporary denture or bridge to fill the gap until the final fit appointment.

### [How much will it cost?](#)

You will be given an accurate cost following your initial consultation appointment. It will vary from patient to patient depending on the extent of the treatment. The costs are spread over the treatment time frame and we are able to offer 0% interest free finance if required.

### [How do I care for my implants?](#)

Implants require the same care as natural teeth. This includes brushing twice a day and using interdental brushes/floss. It is very important to keep the gums and areas around the implant healthy and we recommend regular visits with the hygienist as well as with your dentist.

### How long will they last?

Once the implant is settled and the surrounding tissues are healthy then it is the quality of your oral hygiene at home and regular attendance for reviews that will have the most influence on the longevity of the implant. Implants that are placed into sufficient bone and maintained well can be expected to last for many years and possibly for your lifetime.

### Can I bite and eat normally with an implant retained denture?

Yes, you will be able to eat, talk and bite in a similar way to how you did with your natural teeth as the denture will be firmly attached to your implants and will feel secure.

### What happens if an implant fails?

The success rates of implants is very high with only a small percentage of people (1-5%) having complications. If an implant fails it may be possible to replace it but this cannot be guaranteed. Implants that have been in function for one year without any problems are very unlikely to fail as long as your health in general and the gums around the implants are maintained.



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