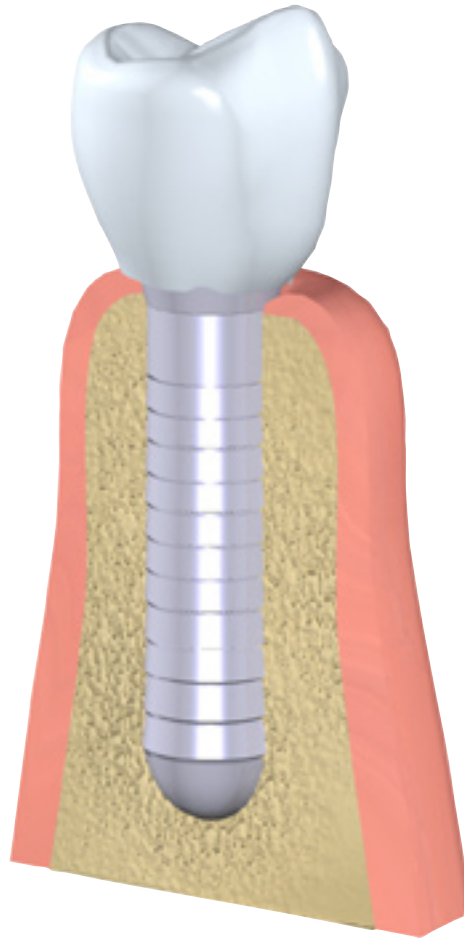




Budleigh Salterton
DENTAL PRACTICE
& *Implant Centre*

11 Station Road, Budleigh Salterton, Devon, EX5 1JY. Tel: 01395 442552.

Dental Implant Information Booklet



Dr Thomas R A Olivelle, BDS
Fellow of the International Congress of Oral Implantology
and Member of the Association of Dental Implantology (UK)

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Introduction

Following your recent enquiry into dental implants we have pleasure in providing this information booklet for you to read and consider at your convenience.

This booklet is designed to give you all the information you will need to make an informed decision on whether or not dental implants are something you wish to consider now or in the future.

Informing you about dentistry and specific procedures is important to us, but more importantly is that you completely understand and are comfortable with the choices that you make. We will inform you of the different treatment options and the recommended treatment plan and advise you of an estimate for the cost of this. We encourage you to ask any questions that may arise at any stage and will be happy to discuss any concerns you may have.

At Budleigh Salterton Dental Practice we emphasise that prevention is better than cure. A healthy, stable and well-restored mouth is our goal, giving you the confidence to smile about it.

What Are Implants?

Missing teeth can often be replaced by implants. Implants act like roots of teeth. After they have been placed and have healed, dentures or crowns may be attached to them. When dentures are held in place by implants they do not slip around. If crowns are fitted on implants they act like normal teeth.

There are various types of implants, however the most commonly placed throughout the world are often described as root-form or endosseous implants. These generally have a cylindrical form and may be threaded on the outer surface to assist placement. They encourage bone to form an integral connection with the surface of the implant, known as osseointegration. Other designs such as blades or subperiosteals, whilst in use by some practitioners, are not the focus of this information.

The success and rapid growth in popularity of the root-form implant is largely due to its predictable behaviour when trying to achieve a rigid fixation with the surrounding bone and the maintenance of this state throughout many years function.



Implants can only be placed if there is sufficient bone present in the jaw. When teeth are lost the bone in the surrounding area gradually disappears. If too much bone has been lost it is sometimes possible to grow bone in its place. This is known as bone augmentation or grafting.

What Are The Alternatives?

For people who have **no** remaining teeth, the alternatives are:

- Complete dentures
- Implants which secure their dentures in place
- Implants that support crowns and bridges

For people who have **some** of their own teeth, the alternatives are:

- Partial dentures supported by teeth
- Bridges supported by teeth
- Partial dentures secured by implants
- Crowns and bridges supported by implants

Once you have decided that you wish to proceed with the implant(s) placement, the next stage will be to conduct a thorough examination, in order to accurately determine the health of your mouth, this will include the following:

Examination

A full extra and intra oral examination complete with full clinical charting.

Radiographs

We recommend you have full mouth radiographs to check the health of the roots, surrounding bone, oral pathology, periodontal bone loss, infection and verification of normal anatomy of associated structures.

Periodontics

The health of your gums are very important, the gum architecture, colour and tone, (including observation for bleeding and pus), can show signs of generalised gingivitis and periodontitis. Periodontal disease causes extensive inflammation, beyond the gums, leading to bone loss.



Periodontal analysis will include documentation of the extent of the disease process together with radiographic review. Analysis will include documentation of the bone levels and gum attachment at SIX point markings about each tooth.

Having a healthy mouth

Implants survive best in a healthy environment. Any tooth decay or gum problems, need to be corrected, before implants are placed, to give the best chance of success. This will reduce the risk of infection to the implant/s once placed.

Dental health is directly related to prevention. Brushing, flossing, professional cleaning and completing any necessary dental work will help avoid more serious complications.

To plan the most suitable treatment certain information is helpful, for example photographs, x-rays and models of your teeth and jaws. In some circumstances a more comprehensive three dimensional x-ray evaluation using a CT Scan may be requested to give greater detail of the shape of your jaws.

What is a CT scan?

The conventional x-ray views most familiar to patients are only two dimensional and subject to varying degrees of distortion and inaccuracy. Where important anatomical structures must be avoided, the information they provide may therefore be inadequate. The CT Scan in contrast can provide life sized three-dimensional information of all regions of the upper and lower jaw from which precise measurements can be taken for pre-operative treatment planning. In some cases the CT Scan may also be used to evaluate the results of bone grafting procedures prior to placing implants.

Treatment Of Existing Dental Problems

Sometimes further treatment is needed before you are ready for implants. This may involve:-

Removal of unsavable teeth

Despite advances in modern dentistry some teeth may have reached a stage when no treatment can save them. It is best to remove them at an early stage, particularly if you are thinking of having implants, so as to prevent further bone loss.



Treatment of existing or potential oral infections

The success of implant therapy can be seriously affected by infections resulting from failed gum or root canal treatments or untreated gum disease or nerve problems in sites adjacent to implants. Long standing infections of the soft tissue beneath dentures can also adversely affect healing at the various surgical stages. Your treatment may be delayed whilst these areas are resolved.

Treat or remove all pre-existing oral infection wherever possible

Although gum infections arising in opposite jaws have no clearly proven link with problems around implants, there is at least the theoretical risk of bacterial transmission, therefore for the meantime it would be considered prudent to assume that there is a risk. Your mouth should be treated as a whole and not simply as unrelated regions. Considerations

How many implants?

As a general principle as many implants as possible should be used. This allows the stresses of biting to be spread over the maximum number of implants, thus diminishing the load on each particular one.

Upgrading

It is sometimes possible to have two or three implants placed, use them for a while and some time later add more implants to improve the treatment plan. This is not an approach that is feasible in all situations and is probably most suited to treatment of the lower jaw where no teeth are present.

An example of this might be the patient with no teeth in the lower jaw who has two or more implants placed in the first instance. By stabilising their denture using the implants it can be held more firmly in place. Later on, if they have sufficient bone, more implants can be added and eventually fixed teeth placed on the implants which eliminates the denture altogether. A number of the implant systems available today could support this approach; however, the feasibility of upgrading should be confirmed by all parties rather than assumed.

What is it like having implants placed?

Generally speaking, having implants placed is not at all painful. For apprehensive patients, sedation can be given making the procedure quite comfortable.



What is it like after having implants placed?

The after effects of having implants placed are usually mild and may include slight bruising, a dull ache and some swelling, the amount of which will vary dependent upon the number of implants placed and the difficulty of the surgical procedures.

When choosing a date for implant placement, avoid significant social engagements and work commitments for at least a week. This is just to be on the safe side. Taking time off work is not usually necessary.

How much do implants cost?

The average cost of a single tooth implant including the crown is usually £2,000.00. The cost for a full set of implants and a full arch of bridgework will start from £20,000.00. There are several options in between and therefore the only way to accurately establish the cost for an individual is to have a full consultation and written estimate of costs.

During treatment, fees may vary due to:

- Alternative procedures being required due to changes in the treatment plan, such as bone augmentation and/or sinus lift.
- New techniques becoming available in the course of your treatment.

If for some reason it is not possible to proceed with the planned procedure at the treatment appointment, the time spent will be charged at the normal hourly rate. An alternative treatment may be performed if considered appropriate.

How long does the treatment take to complete?

This depends on the complexity of the treatment. Initially there is a treatment planning stage that may last a month or so. Then there may be some time spent on such preparatory procedures as improving gum health, removing any un-saveable teeth and growing bone. This may take anything from a few weeks to many months.

After the implants are placed they are left to integrate with the bone from 3 to 6 months. The final fitting of crowns or bridges or the attaching of dentures to the implants takes 1 to 2 months. The time depends on your individual situation. Special medication will be prescribed for you to help healing and produce minimal discomfort.



To gain the most benefits please follow the instructions given.

Do not rush your treatment

It is important that neither the patient nor the surgeon attempt to rush the treatment to try to advance the various stages faster than the time required for complete healing and maturation of bone and soft tissue.

Even treatment that is well planned and executed can fail as a result of moving too quickly from stage to stage. If you do not have the time available then it may be more sensible to consider conventional forms of dentistry that can be completed more rapidly.

Your surgeon may suggest that procedures to grow bone are undertaken separately from placing the implants, even though under certain conditions it is possible to combine these stages.

Some people find it more convenient to proceed in stages.

New advances

Implantology is a rapidly advancing science. We may take advantage of some of the new procedures or materials as they become available, if they promise to significantly improve the outcome. Alterations to your original treatment plan may therefore be made during your treatment. We would always inform you of any changes.

Additional Procedures

Before implant placement

It is a natural phenomenon that after teeth have been removed the bone that once supported them slowly resorbs away, this occurs faster when prolonged gum problems have been present. The result is that there is sometimes not enough bone to support implants.

When there is not enough bone present it may be necessary to create new bone to fill in the missing areas allowing implants to be placed. A variety of techniques are available to do this and these are referred to as 'Bone Grafting'. The bone used in these situations may be specially treated donor material from a 'Bone Bank', a synthetic substitute or taken from areas in the mouth where there is some spare. In special cases where larger amounts of bone are needed it is possible to harvest bone from another area such as the hip or chin.



The area from which the bone is taken will re-grow.

Where the clinical conditions indicate that bone grafting is required to increase the amount of bone into which implants are placed it will generally increase the time taken to complete the treatment. Under routine circumstances, where no bone grafting is required, the implants are commonly ready to begin function between 3 and 6 months after placement. If the bone grafting can be undertaken at the same time that implants are placed then treatment is more likely to take 6 to 12 months. Where implant placement must be delayed until after maturation of the bone graft, then the overall treatment may take 12 to 18 months.

A technique called 'guided tissue regeneration' has also shown considerable success where the amount of bone at the intended implant site is less than ideal. When a tooth is removed a hole in the gum and bone remains for the first few weeks. Anyone who has lost a tooth or had an extraction knows that this wound generally heals uneventfully and eventually you cannot tell where the tooth was.

The basic principle behind 'guided tissue regeneration' is that placing a special membrane over the extraction socket creates a layer above which the fast growing soft tissue cells are prevented from entering the bone socket. This allows bone cells present beneath the membrane the extra time they need to fill the socket without competition from soft tissues to occupy the same space.

Sinus Augmentations

It is very common to find that the softer bone in the area above the upper back teeth (molars and sometimes premolars) is very shallow and not suitable for normal implant procedures. To solve this problem a procedure known as a 'sinus augmentation' or 'sinus lift' was developed.

Bone may be successfully grown in the sinus spaces above your upper back teeth allowing implants to be placed. Specially treated donor bone from a 'bone bank', synthetic bone substitutes or bone from other areas of the mouth or body is placed into these empty areas. Over a period of time this is replaced by new bone thus providing a bed into which implants can be fixed. If the amount of bone overlying the sinus is adequate, some surgeons prefer to place the implants at the same time as the grafting procedures. Whatever type of bone is added to the sinus it must be left to mature before implants are placed or brought into function. If the implants are placed as a secondary (depending on the amount of bone being grown and the nature of the graft



material used) they can be inserted after 4 to 9 months, although occasionally it may be necessary to wait longer.

As with other bone grafting procedures the implants are left for a time to become firmly attached to bone. Commonly a slight extended healing period is chosen with an average of 6 to 9 months before a denture or crown and bridgework is fitted. However, all bone grafting is unique to each individual and this information is for guidance only.

Additional procedures at the time of implant placement

Despite the thoroughness of the planning extra procedures are sometimes required during treatment to produce the best results. It is important that in this event you accept the appropriate alternative treatment performed at the time of placement although it may be different to that already planned.

After Implant Placement

Sometimes bone may be lost around an implant. There are techniques available to treat these problems if the cause can be identified. In some situations however progressive bone loss might result in the loss of the implant.

Precautions for denture wearers

Denture wearers may require their dentures to be modified or be asked to leave them out for a period of time to prevent them resting on newly placed implants. During settling in stages metal framework dentures may need to be replaced with a plastic set as they are more easily adjustable. The fitting surface can then be altered when the implants are placed.

Reporting problems and queries

If anything arises that you are concerned about contact the practice immediately. Usually there is nothing to worry about but no matter how apparently trivial it is always better to check.

Aftercare

Unlike teeth, implants cannot get tooth decay. However, like teeth they can suffer from gum problems. Teeth with untreated gum problems can become loose and therefore lost; this is also true of implants.

Thorough daily cleaning is an important with implants as it is with teeth!!



Long term care of your implant

In order to keep your implant in a healthy state, it is important that you keep the implant clean and free of plaque (a white, sticky film that contains bacteria and food debris). Plaque forms within a 24-hour period and must be cleaned off on a daily basis. Implants can be affected by periodontal (gum) disease, so your part in daily cleaning is extremely important to the long-term health of both implant and teeth. You should make an appointment with our hygienist at your two-week post-operative appointment. At that visit, instructions for long-term care will be discussed and a recall program set up to meet your needs. The following summary of instructions given:

- Brush your implant twice a day. Be sure to work the bristles of the brush underneath the gum tissue at the implant entry site(s).
- It is important that all surfaces of the implant are cleaned thoroughly. An electric toothbrush is advisable.
- Use dental floss as instructed at least once a day. Curve the floss around the implant and work it down maintaining the crevice between the implant and gum tissue. Gently work floss up and down maintaining the curve to remove plaque.
- If you have a removable denture, sleep with it out of your mouth at night. If you feel you routinely clench your teeth while you sleep, report this to your dentist.
- Remember that tobacco, diet and alcohol have an effect on the longevity of the implant.

If you are not scheduled to see the hygienist, please request this appointment because it is important that you understand your role in the daily care of your implant.

PLEASE NOTE THAT EACH IMPLANT SHOULD BE CHECKED EVERY SIX MONTHS

Follow up appointments and regular check-ups

To ensure that any problems are detected early regular maintenance check-up are advisable. Problems are more easily treated if detected early. Check-ups may be recommended three, four or six monthly.



In most cases review appointments will be more frequent during the first year that the implants are in function. Regular check-ups are every bit as important as they are with natural teeth, if not more so!

Some examples of problems that may arise

Porcelain crowns attached to implants can break as they can when attached to natural teeth. However removal of crowns from implants for repair is usually easier than from natural teeth. Implant supported bridges that become loose should be re-tightened immediately to reduce the likelihood of further unnecessary damage.

Should it be discovered, during a routine maintenance visit, that an implant has failed or is failing, appropriate remedial action will be planned accordingly. Implants that become loose will not re-tighten and should be removed at the earliest opportunity. Should you notice any areas of soreness, discharge or pain on chewing near any implant or tooth you must immediately report this to the dentist responsible for your maintenance.

Successful treatment

Success depends on your body's reaction to implants and your personal care of them. Implants can fail due to gum disease just as teeth do. Success is constantly improving due to improved techniques. Natural teeth last longer today as awareness of the need to look after them becomes more accepted. However, there would not be a need for implants if teeth were totally successful.

Success rates for implants now compare very favourably with all other forms of dentistry.

Smoking and alcohol consumption

Both smoking and heavy alcohol consumption reduces the survival of implants (and teeth). If you think that either of these two habits could be a problem for you and your implants it may be advisable to avoid this form of dental treatment or accept the higher risk of implant failure.



General Health Considerations Before Implant Placement

Introduction

Dental implants are fixed into the bone of the jaw through an opening in the gum. In order for the implants to be useable they must be locked into the jawbone and surrounded by healthy gum tissue. The complex healing requirements of bone and skin required for this to come about can be critically influenced by your own behaviour.

Healing

Healing can be enhanced by arriving at the dental practice in the best possible state of health prior to the operation and by following the regime suggested by you surgeon during after each stage.

Timing of the treatment

Ensure that the appointment made for implant placement does not interfere with your social or professional life. You may be asked to leave out your denture or adhere to a particular dietary regime for a period of time. Also there may be some minor discomfort or swelling after the operation which can last for an average of 2-3 days. Sometimes these symptoms may persist for slightly longer depending upon the complexity of the surgical procedures and individual patient variations.

Sedation

If you are having sedation please make sure a responsible person is available to escort you home.

Aspirin

If you are taking aspirin you should check with your physician that it is suitable to stop the recommended dose, 2 weeks before the implant appointment.

Antibiotics

Make sure you have taken the prescribed antibiotics before arriving at the dental practice and that you complete the course of medication in the period afterwards.



Smoking

Research has shown that regular smokers lack Vitamin C. This deficiency interferes with all healing processes. Smokers are strongly advised to take 1,500mg of Vitamin C a day for one month prior to the operation and continue for as long as possible afterwards for its general health benefits. However, if at all possible you should give very serious consideration to giving up smoking altogether or discuss with your surgeon a suitable period of cessation both pre and post operatively for the key stages.

Vitamins

All patients can help the process of healing by taking 1,200 international units (U) of Vitamin E and 60 milligrams of Beta Carotin each day starting three weeks prior to the operation.

Calcium

Ensure that your diet contains at least 1,200 mg of calcium a day. Dietary supplements should continue for at least 3 months after surgery.