11 THINGS YOU SHOULD KNOW ABOUT DENTAL IMPLANTS

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What is a dental implant?

A dental implant is a small screw made of titanium. Titanium metal is commonly used because it is lightweight, strong and biocompatible, which means that it is not rejected by the body.

The implant is inserted into the jawbone, and with time the jawbone integrates with the implant surface, tightly anchoring it. Under normal conditions, the healing process can take at least 8 weeks. After this period, a crown, bridgework, or denture is secured to the implant.
How the dental implant works?

A dental implant is a small fixture made of titanium that is inserted into the jawbone to take the place of your missing tooth root. After the surrounding bone has integrated to the implant, an implant abutment and manufactured crown are secured to the top of the implant. This new tooth looks, feels and performs similar to your natural teeth.
Book a Free check-up and consultation for Dental Implants today!
What are the tooth replacement solutions with an implant?

The dental implant replaces the lost tooth root and provides a stable base for the replacement tooth. Dental implant placement eliminates the need to grind down healthy neighbouring teeth.
What additional treatments might I require during placing dental implant?

Bone graft procedure

Bone grafting is a surgical procedure. Bone Grafting is used to prepare a space for dental implant that are needed to replace a missing tooth. Bone, in an area where teeth have been lost, naturally shrinks or resorbs over time. As a result, new bone must be grafted to create a secure space for placing implant.

Usually bone loss is caused by
- Tooth loss
- Trauma
- Infection
- Gum disease

Where does new bone come from?
The gold standard in growing new bone would be to use your own bone from another site your mouth. Bone could be collected from back of the lower and front of the chin. However this would mean another surgical site.

With new developments in this field, it is now possible to have really good results with bone grafting by use of either animal origin bone or artificial materials. By using newer materials we can completely avoid any extra surgery. We can discuss this further when you come in for your consultation.
What can I expect from a bone grafting procedure?

Before the procedure, your doctor will go over any pre-operative instructions you must know, and explain any specific details of the surgery.

The following general steps may be included:

1. A local anaesthetic is applied
2. A small opening is made in the area where bone will be placed
3. The grafting material is placed within the grafting area, alongside the existing bone.
Sinus lift procedure

A Sinus Lift is often required when placing a dental implant in the back of your upper jaw. When upper back teeth are lost, bone in that area shrinks or resorbs over time. Therefore, your sinuses expand to occupy the empty space where the bone used to be. Because there is insufficient bone available to secure placement of the dental implant, the sinuses must be lifted up in order to create space for placing additional bone.

1. If there is enough bone to provide initial stability for the implant, sinus lift and implant could be done in one appointment.
2. If there is not enough bone to provide initial stability for the implant, sinus lift should be done as a separate stage.
3. The same is for common bone graft.

What can I expect from a sinus lift procedure?

1. A local anaesthetic is applied.
2. A small opening is made in the bone to access the sinus cavity.
3. The sinus is lifted.
4. The grafting material is placed beneath the sinus membrane alongside the existing bone.
5. The grafting material is covered with a protective membrane and the gum tissue is closed with stitches.
6. Sometimes the implant can be placed simultaneously with the sinus lift, otherwise you will need to wait approximately 4 to 6 months for healing before implant placement.
What is involved in the Implant procedure?

1. **The first phase**

   The first phase of treatment, after a detailed check-up, consultation and treatment plan, usually is the actual placement of the implants. This procedure is usually done during one visit. The implant(s) will remain covered, underneath the gums, for 3 to 6 months. During this time, integration between bone and implant occurs. Through this healing period, you will probably wear your modified denture or a temporary denture or bridge and maintain normal activities as you do usually, but you will need to follow a modified, soft diet for the first week.

2. **The second phase**

   The second phase of the procedure is usually 3-6 months after implant placement. At this phase, the top of the implant(s) will be uncovered from under the gums and a small metal extension will be attached to them. If you are wearing temporary dentures then your restorative dentist will make any necessary modifications to your temporary dentures to allow you to continue wearing them after post attachment.

3. **The third phase**

   In the third phase, which usually starts 2-6 weeks after the second phase, your new replacement teeth are created and fitted. The try-in sessions are necessary to ensure that the size, shape, color of your new teeth will completely match your individual characteristics. The third phase is usually completed within 4 to 8 weeks. Total treatment time for most implant cases will usually be 5-8 months. It could be longer if bone or gum procedures are needed.
What Pre or Post treatment instructions would I need to follow?

**Pre-Treatment**
Instructions you need to follow!

**Food**
Please ensure you have a good meal before having a surgical procedure (except if you are having sedation). This will keep your energy levels up.

**Sedation**
If you have required sedation for your treatment, you should make sure you have an adult escort available to escort you home after the procedure and stay with you for the following 24 hours. You can not drive or operate machinery and as you may feel groggy after treatment, rest is advised. *Do not eat or drink for 4 hours before sedation.*

**Painkillers**
Painkillers are not prescribed at the practice therefore all patients undergoing surgery are advised to bring pain relief with them if they wish to take this after surgery has finished. Patients are advised to take painkillers what they normally use.

**Swelling and bruising**
We can not determine how swollen or bruised you will become after the surgery. It varies from person to person. Although, we advise all patients to have a cold compress when they get home after the surgery as it is recommendable to use this as early as possible after the treatment. You should also be aware that bruising can occur around the eyes and down towards the neck region for a few days.

**Medication**
Patients will be informed to take all regular medication before surgical procedure *unless* otherwise directed by your dentist or doctor.
11 things you SHOULD know about dental implants

Post-treatment instructions you need to follow!

Pain relief
Take pain medication within half an hour of completing the surgery. This will work best to prevent you feeling pain. Do not take Aspirin as it thins the blood. Paracetamol and Ibuprofen can be taken as long as no medical reasons suggest otherwise. These medications can be taken in alternation but for more guidance please check with your GP first. Never take pain relief on an empty stomach. Please always check the dosage instructions of your own medication. The dosage may not be the same on your packet as stated on this document.

Antibiotics
Please start taking the antibiotics as advised on the same day of surgery, after eating a meal and complete the whole course as prescribed by the dentist. Eating prior to taking medication should prevent any tummy upsets. If you suffer any adverse reaction to the medication, discontinue use immediately and contact the surgery.

Swelling and bruising
Swelling and bruising is normal after any surgery. A cold compress will help to reduce the swelling. E.g. a frozen bag of peas wrapped in a tea towel and apply to the affected area for 20 min then leave it off that area for 20 min. Repeat this process every couple of hours. It also helps to keep your head above your heart so when you sleep, try to keep yourself propped up for 3 days after the treatment.

Bleeding
Your saliva will have blood in it for a few days which is normal. It should only be a very slight amount. If you find that the area has started to flow with blood then you should dampen a clean flannel, put it in the area and bite down firmly for ten minutes. During this time you should sit calmly and the bleeding will subside.

Cleansing
Use only a manual soft bristled brush around the operation site to clean it for at least 2 weeks. You should rinse with a salt water solution 3 times a day especially after meals for 5 days after the operation. Starting on the day after surgery.

Stitches
Your stitches will be removed in 2 weeks unless otherwise informed by the dentist staff. Stitches might cause some discomfort in the meantime.

Food
Eat only soft foods and cold drinks whilst you are numb. If you had an implant you must continue soft food diet for 2 weeks. Ensure you chew away from the operation site as much as possible.
Additional Do’s and Don’ts

1. Do not poke around the operation site.

2. Do not consume any dairy products for the next 3 days as it contains bacteria which are unfavorable for the quick healing of the site.

3. No smoking for at least one week.

4. No vigorous activity for around a week.

5. If you have any sinus lifting procedures do not blow your nose for up to 3 weeks. If you need to sneeze let this come naturally, do not try and hold the nose as this will cause extended pressure on the sinus.

How should I look after my dental implants?

Clean Twice a Day
No matter the size or amount of implants, they need care just like regular teeth. Brush and floss your dental implants twice each day. Use a gauze or special floss to floss around your teeth, gums and abutments (if you have removable denture/s clean them every day).

Visit Dentist Twice a Year
Good oral hygiene includes regular dental visits twice per year. This is especially true for people with dental implants. Every 6 months your implants need thorough cleaning and plaque removal. Your dental implants also need checking for proper fit and placement and repair if necessary.
Check our fees

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What are the benefits of dental implant?

Choosing dental implants as a treatment option can offer you a number of significant advantages.

1. Look, feel and perform similar to your natural tooth
2. Help preserve surrounding bone by replacing the tooth root
3. Help prevent bone loss and jaw line recession
4. Restore a more secure biting ability than a removable denture
5. Restore self-confidence and appearance
6. Improve appearance and self-esteem
7. Require similar oral care as a natural tooth
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