






**everysmile**

# GUIDE TO DENTAL IMPLANTS

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*Your smile, our passion*

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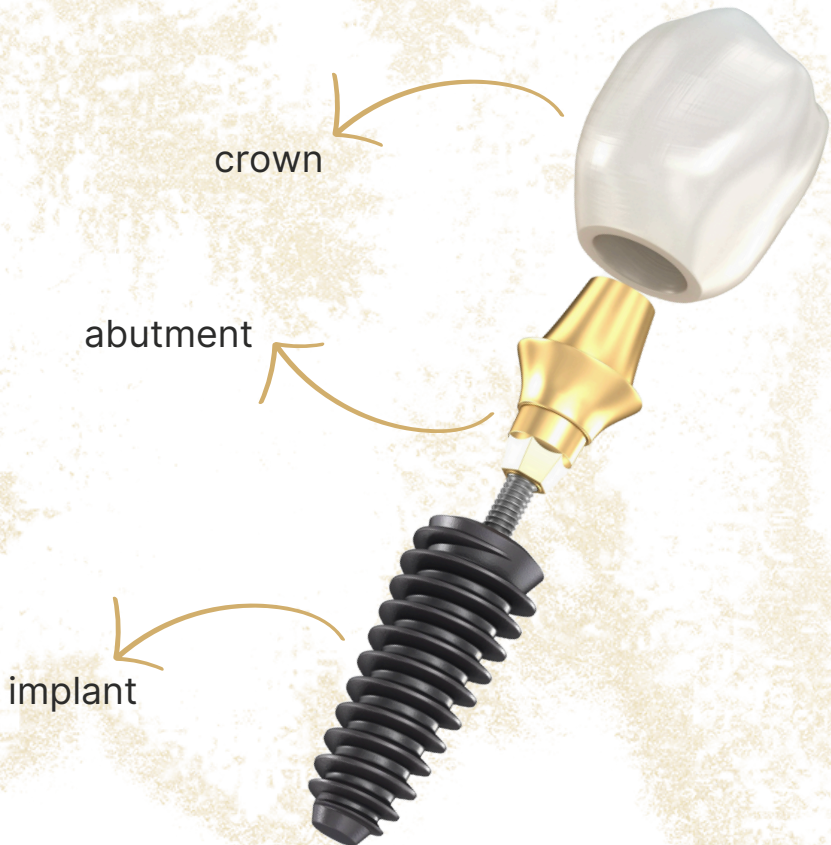
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# What is a Dental Implant?

A Dental Implant is an innovative, long-term solution for replacing missing teeth. Whether you have a single missing tooth or require full arch reconstruction, Dental Implants offer a versatile and reliable option for restoring your smile and oral health. It consists of three main components: the implant itself, an abutment, and a crown or prosthetic tooth.

See below what a Dental Implant looks like!



# Types of Dental Implants

## 1. Single or multiple implant

Single implants involve the placement of one implant screw in the jawbone to replace a single missing tooth. Multiple implants refer to the placement of two or more individual implant screws to replace multiple missing teeth. They are suitable for patients who have one or more missing teeth. They provide a stable and natural-looking solution for restoring both the function and appearance of your smile.



## 2. Implant bridges

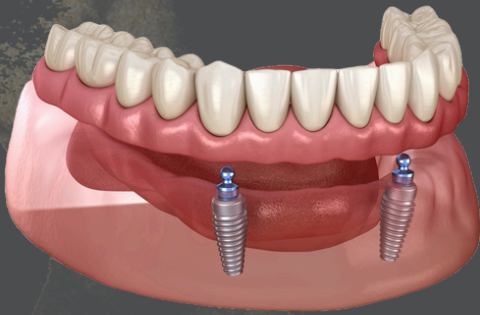
Implant-supported bridges consist of a series of prosthetic teeth connected together and supported by Dental Implants. This type of restoration is used when multiple adjacent teeth are missing. They are an excellent choice when you have several missing teeth in a row. They eliminate the need to alter healthy adjacent teeth for traditional bridge placement and offer superior stability.





### 3. Implant-retained denture

Implant dentures are a type of removable denture that offers a secure and comfortable fit by attaching to Dental Implants using specialised connectors. This option is particularly well-suited for patients who are looking to replace a complete set of teeth. Implant-retained dentures significantly enhance stability and functionality compared to traditional removable dentures, greatly improving the overall quality of life for individuals who rely on dentures for their oral health and well-being.



### 4. “Smile in a day”

The "Smile in a Day" treatment, which is also commonly referred to as **All-on-4** or **All-on-6** implants, represents a groundbreaking dental procedure. It enables the complete replacement of an entire arch of teeth using a minimal number of Dental Implants, all accomplished in just a single day.



# Benefits of Dental Implants

1.

## Improved Aesthetics & Function

Dental Implants look and feel like natural teeth. They are designed to fuse with bone, which makes them a permanent, fixed solution and helps maintain facial structure.

2.

## Enhanced Comfort

Since Dental Implants become part of your jawbone, they eliminate the discomfort associated with removable dentures.

3.

## Better Speech

Unlike poor-fitting dentures, Dental Implants allow you to speak without the worry of teeth slipping, which can lead to mumbling or slurring of words.

# Benefits of Dental Implants

\*continuation\*

4.

## Easier Eating

Dental Implants function like your own teeth, allowing you to eat your favorite foods with confidence and without pain.

5.

## Improved Oral Health

Dental Implants improve long-term oral health. They are durable and help to prevent bone loss and maintain the structure of the jawbone. This is important not only for the health of the jawbone but also for the overall facial structure.

6.

## Convenience

Removable dentures are just that; removable. Dental Implants eliminate the embarrassing inconvenience of removing dentures, as well as the need for messy adhesives to keep them in place.



# Getting ready for Dental Implants

## 5 steps

1	<p><b>Book a consultation with your dentist</b></p> <p>Schedule a consultation with your dentist or oral surgeon to assess your oral health and determine your eligibility for Dental Implants.</p>
2	<p><b>Address any oral health issues</b></p> <p>Ensure any existing oral health problems, like gum disease or cavities, are treated before the procedure.</p>
3	<p><b>Review your medical history</b></p> <p>Share your complete medical history, including medications and allergies, with your dentist.</p>
4	<p><b>Adjust your lifestyle</b></p> <p>If you smoke, consider quitting before the surgery, and follow any other lifestyle adjustments recommended by your dentist.</p>
5	<p><b>Pre-operative instruction</b></p> <p>Follow your dentist's preoperative instructions, which may include fasting, medication adjustments, and transportation arrangements for the day of the surgery.</p>



# The Dental Implant procedure



## Initial consultation & planning

Here your dentist will discuss how Dental implants can benefit you with your goals in mind. We will check your medical history, take X-rays and a specialised 3D CBCT scan to help put together a bespoke treatment plan.



## Pre-treatment preparation

Prior to treatment, your dentist will discuss the consent of treatment and any pre-operative care you may require. If you are anxious about the treatment, you may opt for dental sedation to keep you calm and relaxed.



## The day of the procedure

This involves the placement of the titanium implant(s) into your jawbone. Your dentist will make a small incision in the gum tissue, create a space for the implant, and securely position it.



## Healing period

The implant is left to fuse with the jawbone (osseointegration), which typically takes several months (usually 3-6 months).



## Abutment placement

Once the healing is complete, the abutment is attached to the implant. The abutment serves as the anchor for your crown. This step is performed under local anaesthesia and is a minor surgical procedure.



## Crown attachment

The final step! The custom-made crown is attached to the abutment, completing the process.

# Aftercare for your Dental Implant

## Follow post-operative instruction

Your dentist will provide you with detailed post-operative instructions. It's vital to adhere to these guidelines meticulously. These instructions may include dietary restrictions, recommendations for oral hygiene, and pain management techniques.

## Oral hygiene

Maintaining excellent oral hygiene is paramount. Regular brushing, flossing, and using an antimicrobial mouthwash as prescribed by your dentist will help prevent infection and maintain the health of your gums and implant sites.

## Attend follow-up appointments

Consistent follow-up appointments with your dentist are essential. These appointments allow your dentist to monitor the healing process, ensure proper implant integration, and address any concerns promptly.

Aisha Shabir  
Principal Dentist

# Frequently asked questions

## Is the Dental Implant procedure painful?

Most patients report minimal discomfort after treatment. Local anaesthesia is used during the procedure, with the option of dental sedation. Over-the-counter pain medications typically manage post-surgery discomfort & your dentist will provide guidance on your pain management during the healing process.

## How long does the entire Dental Implant process take?

The process can take several months, typically 3–6 months, due to the healing time required for osseointegration (the fusion of the implant with the bone).

## How do I care for Dental Implants?

Care for Dental Implants as you would for natural teeth, with regular brushing, flossing, and dental check-ups to ensure long-term health. Your dentist will recommend you see your hygienist every 3 months to maintain good oral health & care of your Dental Implants.

## What if there isn't enough bone for an implant?

Bone grafting or other procedures can be done to build up the bone so that it can support an implant.

## What are the risks associated with Dental Implants?

While rare, risks include pain, infection, swelling & implant failure. Very rarely risks may include nerve damage & sinus problems. These risks can be minimised with a skilled dental professional and proper aftercare. Your dentist will discuss all risks of treatment during the consent process.



*The natural choice for a radiant smile!*

Book your consultation and find out if Dental Implants are the right choice for you!



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