
Pronova Dentistry Manuals
Implant Dentistry

The 10 key points of implant dentistry treatments



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In this manual you will find the **10 essential points that you must know to choose your implant dentistry treatment**. Currently, there is a lot of information on this subject, from incredible offers of the implant placement, to the testimonies of people who have had a bad experience. In this simple manual, we will help you **solve your doubts so that you can make a right decision**.

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1

What is a dental implant?

A **dental implant** is titanium micro-screw that, when placed inside the bone, acts as an artificial tooth root. Fixed dental pieces are placed on these new roots.

2

What are the benefits of dental implants?

In general, dental implants allow the patient to enjoy a **better quality of life**. This is evident in several aspects.

First of all, let's not forget that one of the pleasures of this life is to be able to enjoy meals. In this sense, as fixed teeth, dental implants allow to **improve chewing and appetite** because they help crush the food well and release the juices that give flavor to food.

Dental implants also help to increase **confidence and self-esteem**. It is not the secret that the lack of teeth is one of the reasons that can negatively affect the self-esteem of people. A person with missing teeth is more likely to relate to society less due to fear of public opinion. One of the immediate effects of placing the new dental pieces is that people become more cheerful and perform more social activities, because they no longer have the psychological weight of fear of "discovering" that they have missing teeth.

In addition, **dental implants make the lips and cheeks recover the lost volume**, return to being "refilled", rejuvenating the appearance of the person.

Likewise, dental implants are an excellent option because they do not involve anchoring to neighboring teeth, preventing their deterioration.

Finally, we must not forget that **scientific studies show that implants are a very durable dental treatment with a high success rate**, which favors a great acceptance in patients.



3 How do I know if I am a candidate for a dental implant treatment?

Currently, nearly all patients can benefit from dental implants, **except those with serious medical conditions** or those who are having a long-term treatment with intravenous bisphosphonates or with long radiotherapy sessions for the treatment of cancers in the maxillofacial region.

In the past, the **absence of bone** was one of the great limitations; However, today there are numerous surgical techniques to solve this issue. They are advanced techniques that require great preparation by the dentist. That is why, if your dentist informs you that you do not have enough bone to place implants, do not hesitate to look for centers that have **highly qualified specialists in advanced techniques** that can help you.

4 What does dental implant treatment entail?

The first step of the placement of fixed teeth with dental implants is to **perform an exhaustive study of your maxillary bones**. For this, it is essential to use a **3D scanner** to correctly visualize the shape, volume and anatomy of the bone where the implant will be placed. This test prevents the dentist from going “blind” during the surgery and having to improvise during the surgery, which can cause errors and later failures. Undoubtedly, the biggest cause of failure in dental implants is the lack of planning by the dentist.

After the initial study, the next step is the **surgery to place the dental implant**. This procedure is performed under local anesthesia and is completely painless. Normally it is done with a microscope or magnifying glasses, which allows the area to be increased up to 10 times, decreasing wounds size and therefore making them less annoying during the days after the surgery.

Once the implant is placed, you must wait 2 months to start the process of **fixed teeth design**. To manufacture them, measurements of the implant are taken and a ceramic tooth is manufactured that will later be screwed to the dental implant. The process of taking measurements, adjustment and delivery of ceramic teeth usually comprises 2-3 visits in a period of time between 3 to 6 weeks.

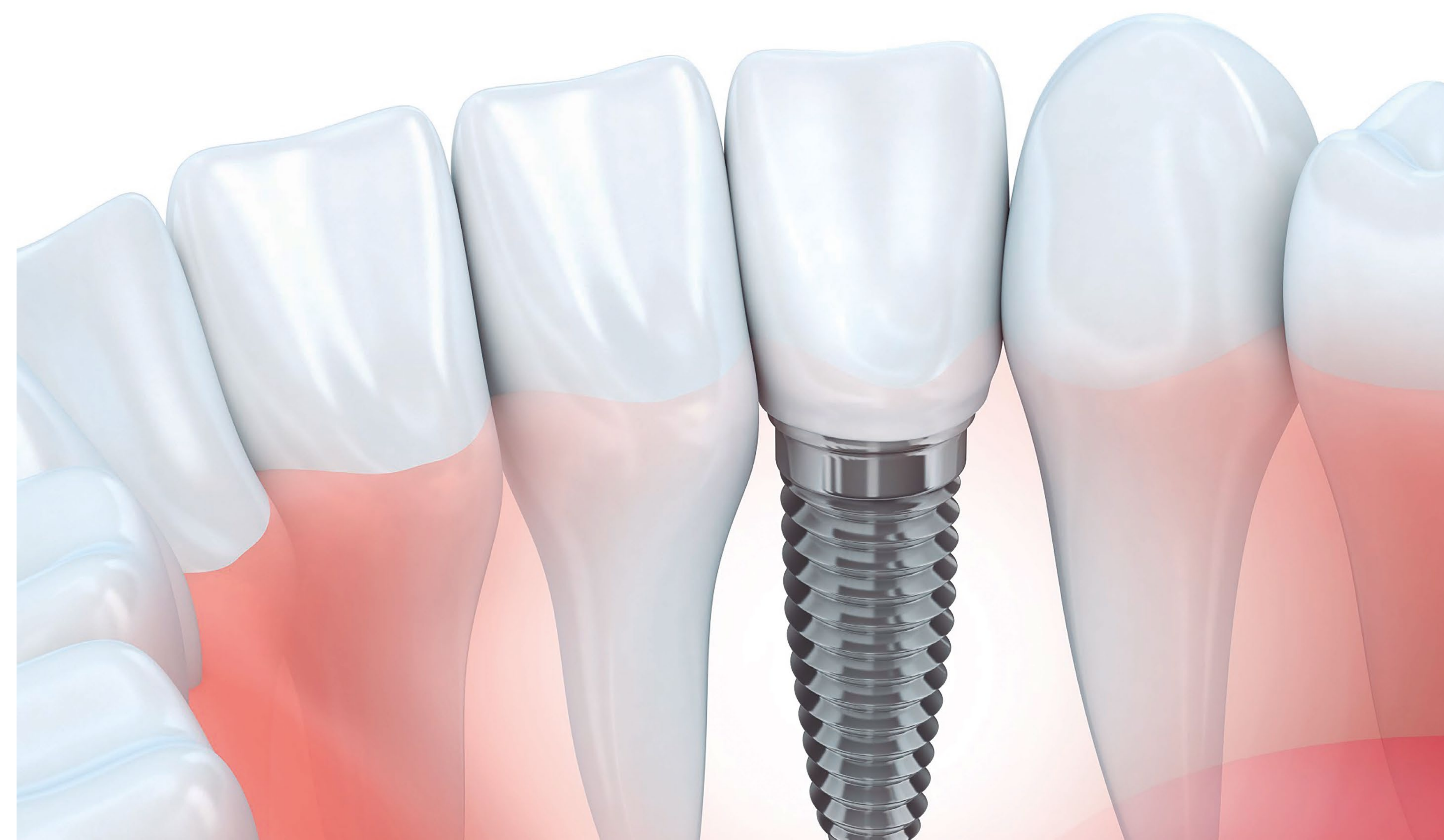
The last part of the treatment is **maintenance protocol**. It is important to mention that patients must undergo the protocol in order to avoid problems with the implants. This protocol includes disinfection every 4-6 months to eliminate bacterial accumulations around the implants that can destroy the surrounding bone and cause the loss of the new piece over time.

5 Can I have a fixed tooth on the implant within 24 hours?

Many patients ask us if it is possible to **place fixed teeth 24 hours after placing the dental implant** in the bone.

Currently we can say that it is indeed possible in most cases. However, it must be mentioned that this tooth is provisional and later, after 4-6 months it must be replaced by a definitive ceramic tooth.

It should also be stressed that, during that period of at least 4 months, the provisional tooth cannot be used for chewing and if necessary, could only chew soft foods.



6 Can I have implants if I don't have enough bone?

Yes you can. A **highly qualified dentist** can place implants in areas where there is practically no bone. To achieve it, there are 3 techniques:

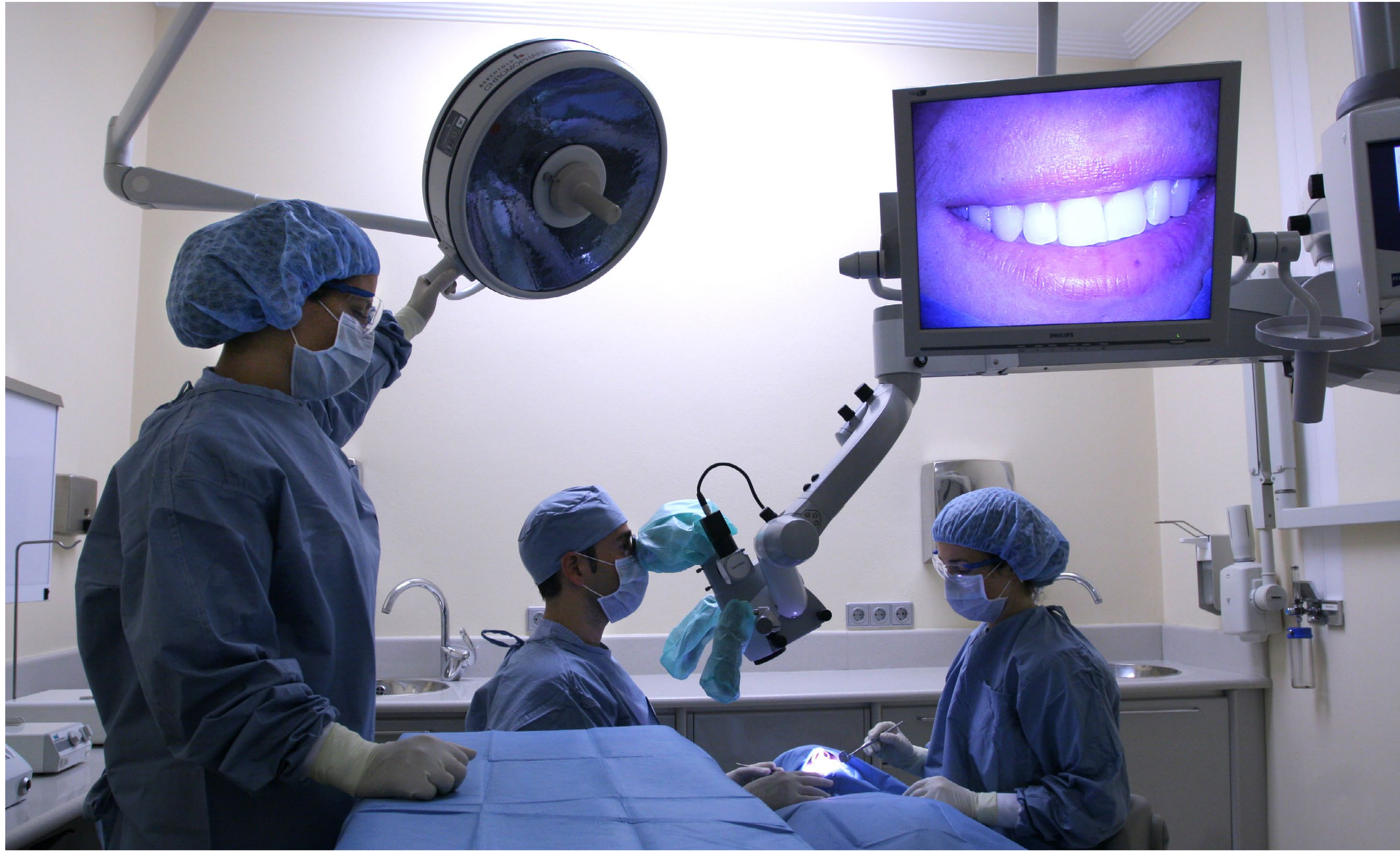
- The bone graft
- Angled implants
- Implants anchored in areas around the jaws

The three techniques, in highly experienced hands, have **high success rates (> 98%)** and do not cause excessive postoperative discomfort.

7 Is it painful to place a dental implant?

Today we can assure you that implant **dentistry treatment is not painful**. The surgery is performed under local anesthesia and for those patients with "fear of the dentist" techniques of conscious sedation can be used. They include a doctor specialized in anesthesia that allows the patient to be relaxed and have a very pleasant experience during the surgery. In these cases the patient is asleep, as though taking a nap, while the dental implant is being placed.

After the surgery, analgesic medication such as ibuprofen or nolotil are prescribed for 1-3 days.



8 How long do the implants last?

Although there are many variables that can influence the durability of a dental implant (patient hygiene, susceptibility to oral diseases, habits such as bruxism, etc.) in general, scientific studies show that **90% of implants are still working after 20 years without problems** in the mouth.

To achieve this effectiveness, the studies emphasize that a thorough oral hygiene and professional disinfection by the specialist is necessary every 6-12 months.

9 How should I take care of my dental implants?

Dental implants require adequate care; otherwise they may suffer breakage, loosening of internal screws, infections or failure, with the subsequent loss of the implant.

The most important care is **meticulous and daily oral hygiene**. You should know that if the implants are not cleaned 2-3 times a day in a rigorous manner, the risk of bone loss around the implant is very high, leading to the loss of the implant over the years.

You should also know that you must go 1-2 times a year to the center where the implant has been placed for a **professional disinfection of the implant** and your entire mouth.

These two tips will help you avoid infections. However, there is more you can do to care for your implants, and it is related to eating habits. Although you can eat practically everything, you should **avoid peels, bones and large seeds of fruits** such as plums, cherries, etc.

Last but not least, remember that if you suffer from bruxism or dental clenching the risk of fracture or loss of the implant increases up to 4 times. To avoid this you must use an occlusal splint every night that your dentist will recommend.



10 How do I choose a suitable dental center for performing implant dentistry treatment?

Today there are many dental centers that offer implant dentistry treatments, and therefore the patient may have more difficulties making the right decision. These are the **5 key points that you must know to avoid mistakes**:

- **Do not choose the center for the price.** Currently various “chains” or “dental franchises” offer implants from € 222 to attract your attention. Undoubtedly, these types of offers are misleading, since only one implant and the materials used during the surgery exceed that amount. Normally, these centers usually add to the € 222 concepts such as: anesthesia, surgeon fees, x-rays, follow-up visits, etc. which considerably increase the final cost. Do not trust your dental health to a center that uses this type of commercial strategies.
- **Look for qualified dental clinics and professionals,** with extensive experience and a consolidated reputation over the years. The success of the implants is related to the experience and knowledge of your dentist. Today, the failure of implants is extremely rare in highly specialized centers. When you choose a center, ask about its reputation, its trajectory, the continuous training of its human team and the academic skills of the professionals who work there.
- Do not choose a center where **a prior 3D scan** is not performed, because the possibilities of complications during the intervention increase significantly.
- Ask for the **brand of implants** used and request a report on the implants that were placed. Qualified dentists will only use implants with rigorous scientific studies whose monitoring exceeds 10 years. There are only 4 implants that meet this requirement: Astra®, Biomet / Zimmer®; Nobelbiocare®; Straumann®.
- **Visit the dental clinic and meet the professionals.** If necessary, go to at least two centers to compare the attention and information you receive. The choice of dental clinic is based on many factors that you can notice during the visit to the center: facilities, technology, punctuality, caring treatment, order, organization, time and content of your case analysis and especially the information offered by professionals. Highly qualified professionals are discovered with personal treatment and that is why you need to meet them personally.

We hope that the content of this manual has helped you solve your doubts about implant dentistry treatments. If you need more information we encourage you to send us your inquiries to our email **info@clinicapronova.com**, call us **(971 763 764)** or ask us directly through our **social media pages**.

We will be happy to help you.

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