



11 THINGS

YOU SHOULD KNOW ABOUT
DENTAL IMPLANTS

SPECIAL OFFER

DENTAL IMPLANT CONSULTATION WITH FULL DIAGNOSTICS FOR FREE

Are you considering your options for restoring missing or damaged teeth? We are happy to offer a full dental implant consultation at one of our state of the art implants-focused clinics. The consultation will include a full diagnosis and preparation of an individual treatment plan – so you get the full picture beforehand and can decide if implants or other options are for you!

There is **No Obligation** to proceed with treatment.

With this offer you will receive:

- ✓ **Full check-up and consultation**
- ✓ **X-Ray/3D CT Scan**
- ✓ **Gum condition evaluation**
(test for gum disease)
- ✓ **Bite analysis**
- ✓ **Detailed treatment plan provided,**
outlining the duration and costs of treatment specific to your case

To arrange your consultation, simply:



Fill in the form on our [website](#)



Email us at info@dentalartimplantclinic.co.uk



Or call us on 020 3322 3218

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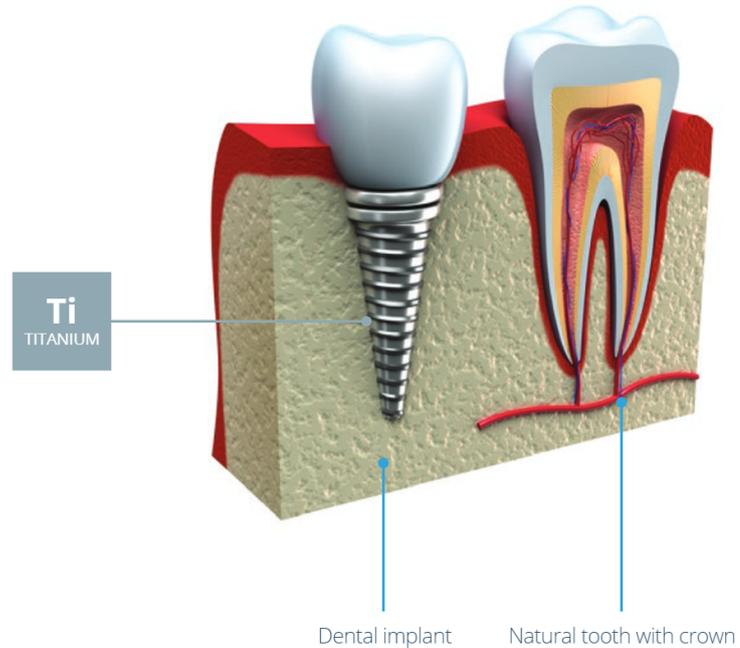
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11 THINGS YOU SHOULD KNOW ABOUT DENTAL IMPLANTS

1. WHAT ARE DENTAL IMPLANTS?

Dental implants are widely considered by dental professionals to be the best solution available for restoring damaged or missing natural teeth. They are proven to be much more durable and long lasting than any other restorative dental treatment available today. Indeed, with the right care, they can last a lifetime with much better functionality than dentures and other dental restorations.

A dental implant is a small screw made from titanium, designed to act just like a natural tooth root. Titanium metal is commonly used because it is lightweight, strong and biocompatible – which means that it is unlikely to be rejected by the human body.

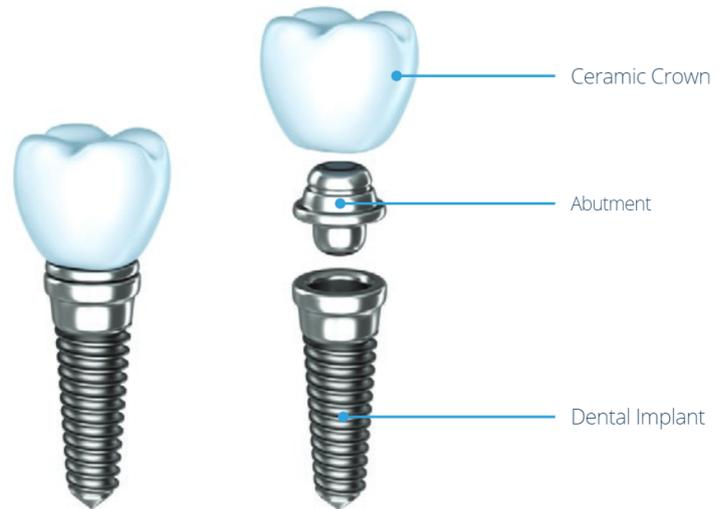


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2. HOW DO DENTAL IMPLANTS WORK?

The titanium implant is surgically inserted into the jawbone, and with time the jawbone integrates with the implant surface tightly anchoring it in place, providing a replacement tooth root. 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 with the help of an abutment.

This newly restored tooth or teeth will look, feel and perform similarly to your natural teeth, and your smile, bite and confidence will be fully restored!





Competitive prices



Expert dental implant team



Consultation with full diagnostics



11 THINGS YOU SHOULD KNOW ABOUT DENTAL IMPLANTS

3. WHAT TOOTH REPLACEMENT SOLUTIONS ARE AVAILABLE WITH DENTAL IMPLANTS?

Dental implants can be used to replace any amount of missing teeth – from a single missing tooth to full mouth restoration on both arches – and our team will tailor treatment plans to your requirements.

A dental implant replaces the root of a missing tooth and provides a stable base for the replacement tooth. Dental implant placement does not require any changes to healthy neighbouring teeth, such as grinding them down to place a crown or bridge.

Replacement of one tooth



Replacement of several teeth



Replacement of all teeth
Removable option
(4 dental implants + removable denture)



Replacement of all teeth
Fixed option
(6 or more dental implants + fixed denture)



11 THINGS YOU SHOULD KNOW ABOUT DENTAL IMPLANTS

4. WHAT ADDITIONAL TREATMENT MIGHT BE REQUIRED TO BE ABLE TO PLACE DENTAL IMPLANTS?

I. BONE GRAFTING PROCEDURE

Bone grafting is a surgical procedure that may be required before it is possible to place dental implants. It is normal for bone in the area where teeth have been lost to naturally shrink or resorb over time. As dental implants are surgically inserted into the jaw, when there is a lack of bone, new bone must be grafted to create a secure space for placing implants.



The progression of bone loss over time

Bone loss can be caused by a combination of:

Tooth loss | Trauma | Infection | Gum disease

Where does the additional bone come from?

The additional bone may be taken from artificial purified bone grafting materials, materials such as Natural Bovine Bone which can be used in place of your own bone. Natural Bovine Bone is a highly reliable and dimensionally stable, purified grafting material that fits in to the jaw seamlessly. The mineral composition, three-dimensional structure and the biological properties of natural bovine bone are very similar to those of human bone. In cases where there is more significant bone loss, a bone block procedure may be performed. With bone block, a section of bone is taken from your own jaw and placed in the area where implants are required.

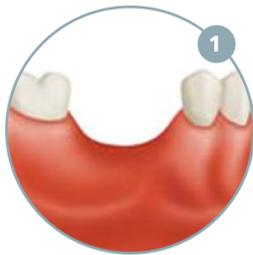
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5. WHAT ADDITIONAL TREATMENT MIGHT BE REQUIRED TO BE ABLE TO PLACE DENTAL IMPLANTS?

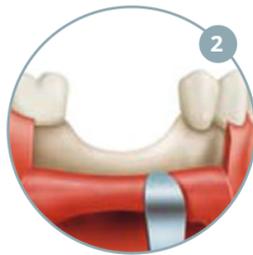
Bone grafting procedure - what to expect

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

The following general steps can be expected with the surgery:



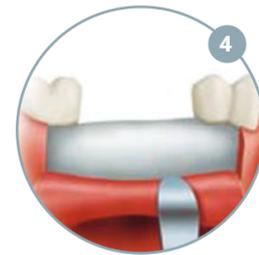
A local anaesthetic is applied



A small opening is made in the area where bone will be placed



The grafting material is placed within the grafting area, alongside the existing bone.



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6. WHAT ADDITIONAL TREATMENT MIGHT BE REQUIRED TO BE ABLE TO PLACE DENTAL IMPLANTS?

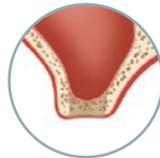
II. SINUS LIFT PROCEDURE

When upper back teeth are lost, bone in that area shrinks or resorbs over time, meaning that there is insufficient bone left to place dental implants and a sinus lift procedure is required. In this procedure, the sinuses must be lifted up in order to create space for placing additional bone.

- ❗ If there is enough bone to provide initial stability for a dental implant, a sinus lift and implant placement can be done together in one appointment.
- ❗ If there is not enough bone to provide initial stability for an implant, a sinus lift will need to be done at a separate stage, usually about 6 months before implant placement.



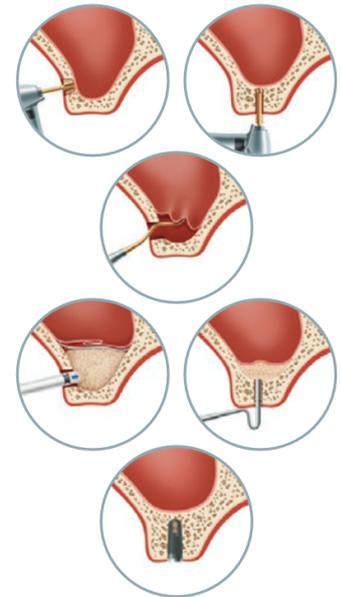
The structure of the sinus



Bone loss

Sinus lift procedure - what to expect

- 1 A small opening is made in the bone to access the sinus cavity.
- 2 The sinus membrane is lifted.
- 3 The grafting material is placed beneath the sinus membrane alongside the existing bone.
- 4 The grafting material is covered with a protective membrane and the gum tissue is closed with stitches.



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implant clinics

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7. WHAT IS INVOLVED IN THE IMPLANT PROCEDURE?

1 The first phase

The first phase of treatment, after a detailed consultation and the provision of a treatment plan, is the actual surgical placement of dental implants. This procedure is usually done during one visit. Implants will remain covered underneath the gums for 3-6 months. During this time, integration between bone and implant occurs in a process known as osseointegration. During this healing period, you will be provided with a temporary denture which you will be able to wear, should you wish. You will be able to maintain normal activities as you usually do, but you will need to follow a modified, soft diet for at least two weeks.

2 The second phase

The second phase of the procedure usually takes place about 3-6 months following implant placement and after the implant has integrated successfully into the jawbone. During this phase, the top of the implant will be uncovered from under the gums and a small healing abutment will be attached to it. If you are wearing temporary dentures then your dentist will make any necessary modifications to them to allow you to continue wearing them after the attachment.

3 The third phase

The third phase usually starts between 2-6 weeks after the second phase. During this phase, your new teeth crowns are created and fitted. Several try in sessions may be required in order to try the fit and colour of the new crowns – this is necessary to make sure they fit comfortably, are the correct shape and size and match your regular teeth colour. The third phase is usually completed within 4- 8 weeks, after which you will have your brand new smile! Please be advised that the average total treatment time for all phases in most implant cases will usually be 5-8 months. It could be longer if bone or gum procedures are required beforehand.

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8. WHAT PRE-TREATMENT INSTRUCTIONS NEED TO BE FOLLOWED?

Before you begin dental implant treatment, please bear in mind the below points to ensure you are prepared:

Food

Please ensure that you have a good meal before having a surgical procedure to keep your energy levels high. If you are having sedation, do not eat or drink for 2 hours prior to surgery.

Sedation

If you are having dental treatment with sedation, 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 afterwards as you may feel groggy and rest is advised.

To ensure your treatment is effective, do have something light to eat on the day of treatment and drink ideally 2 hours before your appointment time.

Painkillers

Painkillers are not prescribed at our clinics and therefore all patients undergoing surgery are advised to bring painkillers that they normally take, should they wish to take them after the surgical procedure.

Swelling and bruising

We can not determine how much swelling or bruising there will be after the surgery as it varies from person to person. However,

we do advise all patients to have a cold compress ready for when they get home after the surgery as it is recommended to use this as early as possible following the treatment. You should also be aware that bruising may occur around the eyes and down towards the neck region for a few days, especially following bone graft or sinus lift procedures.

Medication

Patients are advised to take all their regular medication before a surgical procedure, unless otherwise directed by your dentist or doctor.

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9. WHAT POST-TREATMENT INSTRUCTIONS NEED TO BE FOLLOWED?

Following dental implant treatment, please bear in mind the below points:

Pain relief

You may take pain relief medication after half an hour of completing the surgery to prevent you feeling any pain. Paracetamol and Ibuprofen can be taken, provided it is ok for you to take these medicines usually. Do not take Aspirin for 2 days before and after the procedure as it thins the blood. These medications can be taken in alternation but for more guidance please always check with your doctor first. Never take pain relief on an empty stomach. Please always check the dosage instructions of your own medication as it may be different to what is on the packaging.

Antibiotics

You may be given antibiotics following your treatment; please start taking the antibiotics on the same day as the surgery as advised by your dentists. They should be taken after eating a meal and it is necessary to complete the whole course. Eating prior to taking medication should prevent any stomach upsets. If you suffer any adverse reaction to the medication, stop taking them immediately and contact the clinic or your GP.

Swelling and bruising

Swelling and bruising is normal after any surgery. Use a cold compress (e.g. a frozen bag of peas wrapped in a tea towel) to help reduce the swelling and apply to the affected area for 20 minutes. Repeat this process every couple of hours. When sleeping, keep your head perched up on pillows so it is above your heart.

Bleeding

It is normal for your saliva to have blood in it for a few days following the surgery. It should only have a very small amount. If you find that there is heavy bleeding and the area has started to flow with blood – dampen a clean cloth, put it in the area and bite down firmly on it for ten minutes. During this time, you should sit calmly and wait for the bleeding to subside.

Cleaning

Use only a soft bristled manual toothbrush around the operation site to clean it for at least 2 weeks (do not use an electrical toothbrush). You should rinse with a salt water solution at least 3 times a day (especially after meals) for 5 days, starting on the day after surgery.

Stitches

The stitches are generally removed after 2 weeks unless otherwise advised by the clinical staff. There may be some discomfort while they are in place.

Food

Do not eat or drink anything hot while you are numb, and eat only soft foods. If an implant has been placed, you must follow a soft food diet for 2 weeks. Try to chew away from the operation site.

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10. ADDITIONAL DO'S AND DON'TS

- ! Do not touch the operation site.
- ! Do not undertake vigorous activity for at least 1 week.
- ! Do not smoke!
- ! Do care for your regular teeth as normal following treatment, brushing and flossing twice a day, but take care not to touch the operation site.
- ! If you have had a sinus lift, you should try to avoid intense nose blowing for up to 3 weeks as it can cause a blood influx to the surgical area that can slow down the healing process. If you need to sneeze let it come naturally, do not try and hold the nose as this will cause extended pressure on the sinus. Try to sneeze with your mouth open.

HOW SHOULD I LOOK AFTER MY DENTAL IMPLANTS ONCE TREATMENT IS COMPLETE?

Clean Twice a Day

No matter how many implants you have, they will need the same amount of care as regular teeth do. Brush and floss your dental implants twice a day when brushing your teeth. Use an interdental brush or special floss to floss around your teeth, gums and abutments. If you have removable dentures, remove and clean them at least twice a day.

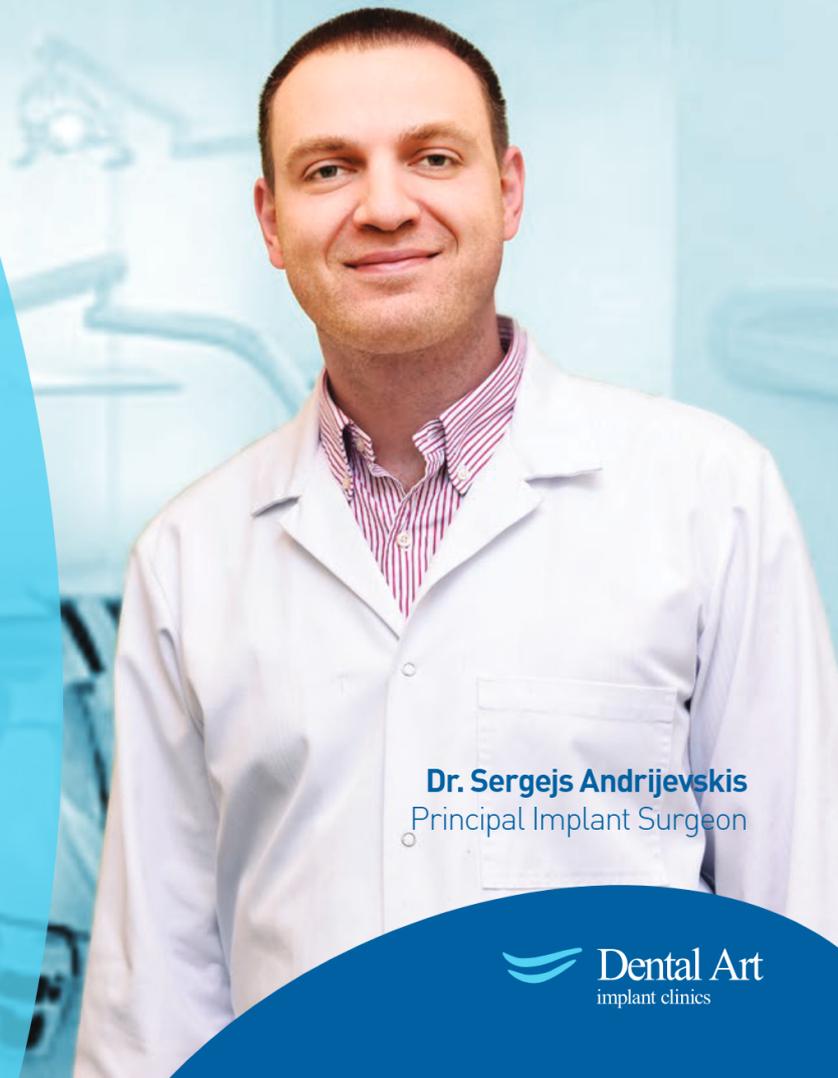
Visit Your Dentist Twice a Year

Good oral hygiene always requires regular dental visits – at least twice per year – and this is especially true for people who have dental implants. Every 6 months, you should attend a check up where the implants are checked, you are given a thorough cleaning and plaque is removed.

Our Dental Team

- ✓ Over 30,000 implants placed
- ✓ More than 100 years experience
- ✓ 98% implant success rate

[CLICK HERE TO MEET OUR DENTAL TEAM](#)



Dr. Sergejs Andrijevskis
Principal Implant Surgeon

11 THINGS YOU SHOULD KNOW ABOUT DENTAL IMPLANTS

11. WHAT ARE THE BENEFITS OF DENTAL IMPLANTS?

Choosing dental implant treatment to restore your teeth offers significant advantages compared to other methods of restorative dentistry such as dentures.

Dental implants:

- ✓ Look, feel and perform just like your natural teeth
- ✓ Provide a more secure biting ability than removable dentures
- ✓ Remain stable and firmly attached to the jaw
- ✓ Help regain your self-confidence and appearance
- ✓ Help preserve bone in the areas of missing teeth by replacing the tooth root
- ✓ Are easy to clean; only require the same oral care as natural teeth
- ✓ With the right care, they can last a lifetime



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