

3 Things To Know About Dental Implants



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Introduction

Congratulations on starting your journey towards a new smile! If you are exploring implants as an option, it is my pleasure to share some of my experience and expertise in this eBook.

First, a word of caution and an important side note: Please bear in mind that this eBook or the content on our website do not replace the individual, customised advice you will get at a professional consultation. Our intention is to give you as much educational information as possible, so you can get familiar with the conditions and treatments that are available.



As a dentist I have always nurtured a personal passion for helping patients with the most dire dental situations and with fear of the dentist. So I upskilled in the field of oral implants to replace failing teeth and dentures, and sedation, to make complex treatment procedures easy and comfortable for patients. A brief summary of my story: I hold my first dental degree (BDSc) from UWA in Perth, a Graduate Diploma in Conscious Sedation and Pain Control from the University of Sydney, a Master's Degree (MSc) in Oral Implantology from Frankfurt University in Germany, and a Fellowship in the International Congress of Oral Implantologists. I am fortunate to use my expertise and

many years of experience in advanced dental implantology to train and educate others in the field. This includes acting as tutor and supervisor to international Master of Oral Implantology students for Goethe University in Germany as well as mentoring dentists in Australia. On top of my busy work schedule, I try to be a decent dad, to be involved in the community and to pretend I can play basketball. I run Complete Implant and Sedation Dentistry in Perth, which is also the only official All On 4 Clinic Perth. I am also director of a group of dentists providing all aspects of dental care, NewSmile Dental. My vision is that you deserve not only excellent oral health. I also believe that you deserve an optimal smile, and optimal function so that you can chew, speak, smile and socialise with confidence and comfort.

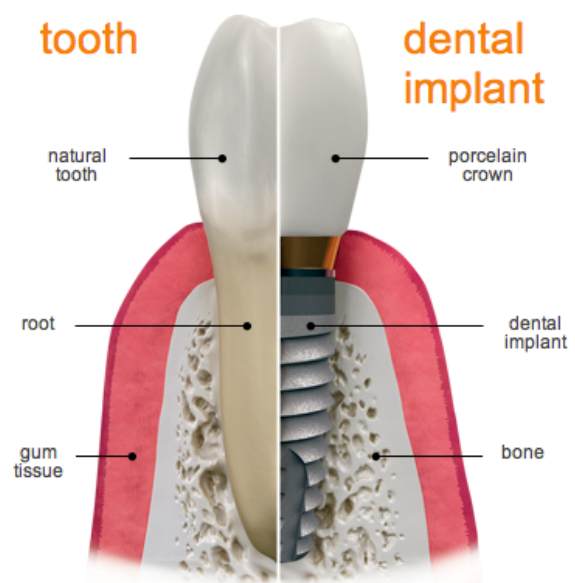
Dental Implants have come a long way, since they started replacing removable dentures. Centuries ago people used to remove their own teeth to start wearing dentures, to avoid future dental problems and dentist costs. **We now live in a society where innovation in dentistry allows you to “get new teeth”: permanent, stable and reliable teeth based on dental implants.** In this eBook I will share more about Dentures and Implants, a brief overview of cosmetic and oral surgery in the realm of dental implants, and a specific method often used at our clinic, called “All On 4”.

1. Dentures and/or Implants?

Implants are used to replace teeth that are either too extensively damaged (such as with fractures, root canal problems, extensive decay or infection), or have been removed.

Implants are titanium fixtures placed in the jaw, which bond into the jaw bone in a process called osseointegration. They form a secure and permanent foundation for a new tooth or teeth to be attached, in the form an implant supported crown (for one tooth), bridge (for multiple teeth) or denture (for all teeth).

In modern implant dentistry, we aim to achieve results that are not only



functional, but healthy in the gums, hygienic and natural in appearance. In addition, with implants we are able to stop or prevent the bone shrinkage that is caused by tooth loss and dentures, preserving the full form of your jaw bone, gum and facial structure.

I want to talk to you here more about full teeth replacement, for when you are missing, or are about to lose, all or many of your teeth. In summary there are 3 types of full teeth replacement:

Removable dentures

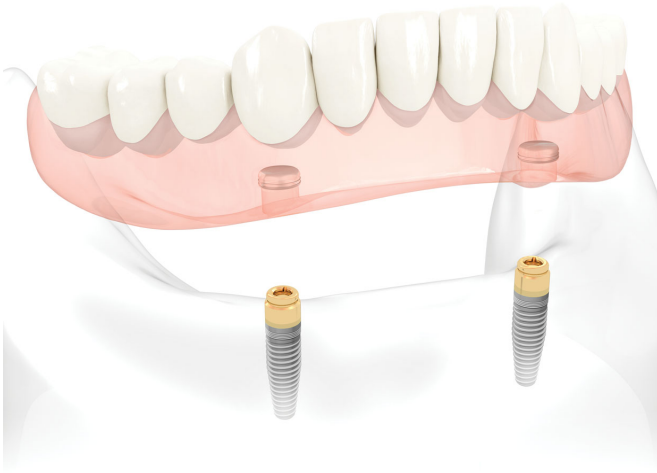
Removable dentures have been around for thousands of years. Because they are removable and simply sit on the gum base for retention, they often lack stability. And depending on the condition of your gums and your jaw bone, you may get to a situation where removable dentures can no longer give you acceptable function.

Especially if you have been wearing dentures for a long time, you may experience a loss of retention and function. This is because loss of teeth results in loss or shrinkage (atrophy) of the jaw bone. This in turn reduces the bed which the denture sits on, making it looser and more difficult to manage. It can also lead to a collapsed facial appearance. **Hence dentures need to be remade and relined, over time, to try to fit to the reducing jaw dimensions.** Even though they are not the ideal solution for many cases, dentures are still available at our clinic and are skilfully made for patients who are unable to invest in implant solutions.



Implant stabilised dentures

Implant stabilised dentures are a “next level up” solution. This treatment is based on implants, placed in your jaw. Once the implants are fully integrated, they are fitted with retentive clips, which stabilise your denture. Your dentures are still removable, and they cover your gums. **The difference with traditional dentures is that the fixed anchor points will keep them in place as you function, but still allow them to be removed when you clean them.** At Complete, we use the “Locator” system for Anchor III-fitting dentures with Implants.



With removable but stabilised dentures, patients report improved retention as they smile, socialise and chew. Those of us with teeth might take it for granted, but with dentures, the fear of dentures falling out is a reality. Stabilised dentures are a transformative and lower cost solution, compared to full fixed teeth replacement with dental implants.

Lower full dentures can be stabilised by as little as two implants. They are placed in the front of your lower jaw. **For upper dentures**, a minimum of four connection or anchor points is most often recommended, to stabilise the dentures. In combination with a reduced palatal coverage, this can make upper dentures.

Permanent dental implants

Permanent dental implants are fixed, non-removable implant-supported prostheses that are most like natural teeth, and often present the gold standard of results that we can achieve. I will talk about this in more detail a bit later on.

At Complete, we offer a variety of dental implants, and combined with our oral and cosmetic gum surgery procedures and skilful teeth designs, they provide our patients with a new, improved and more stable smile and function.

2. About Implants and Cosmetic Surgery

Dental implants can be part of your journey towards a Complete new smile. The first step is to thoroughly assess your situation. This may include radiology referrals for cone beam imaging, x-Rays, or CT scans, if necessary. These initial steps include a photographic and radiographic assessment and we also discuss your requirements. We may take



impressions (moulds) of your teeth or gums, or even scan your mouth with a 3-D camera to make a model of your current situation and design your Complete new smile and bite.

Depending on your situation, we will often remove diseased teeth, and install the implants in one procedure. This is often called “immediate implants” or even “teeth in a day”. At Complete, we use the techniques, implant designs and technical know-how which allows for simultaneous removal and restoration of teeth in many cases. Combined in one sedation dentistry session, this method can also save you time, stress and avoid multiple procedures.

In some cases, a patient does not have enough jaw bone, or not enough gum, for dental implants. Innovative and effective treatments are now available, to compensate for this, using bone or gum grafting.

Bone grafting is relevant when you do not have the required bone volume to support implant placement. The area may have shrunk away as a result of missing teeth, or after a dental infection. Bone grafting or bone augmentation is a very common procedure we use, and we perform it under the comfort of IV Sedation Dentistry.



When we are doing immediate implants, we may also be able to perform any grafting procedures at the same time under sedation, pending suitability. But sometimes it is necessary to perform a stage of grafting first to prepare for future implants.

Gum grafting may involve taking a graft from below the palate, or a treatment using a donor-based tissue matrix (Alloderm). Other gum graft procedures involve repositioning a gum area, or the removal of muscle attachments acting on areas that are too thin or too delicate. This then stops the recession. Gum grafting can also include the use of L-PRF or Leukocyte and Platelet Rich Fibrin. This is a substance made from your



Before Grafting



After Grafting

own blood in our surgery, used to close any gum defects you may have.

Cosmetic and oral surgery can include more advanced procedures such as a sinus elevation or a sinus lift, bone splitting, crown lengthening, or gummy smile treatment and lip repositioning. For all procedures, we plan using a combination of facial measurements, X-Rays and 3D imagery, photographic analysis, and diagnostic models. With cosmetic and reconstructive dental surgery procedures, we know you want to have a clear view on the outcome you can expect. **And we know that as a patient, you want to understand the steps of your journey towards dental implants, so you can feel relaxed and comfortable as you go through the process.**

Talking about comfort: Dental implants are often installed under sleep dentistry or IV Sedation Dentistry in our purpose equipped clinic. We are fortunate to have myself and my colleague Dr Vivian both qualified and experienced to administer sedation, as well as our assisting registered nurse and our anaesthetic doctor. This means we don't perform sedations on a given day or list a month, for example, but every day.



The process involves the use of calming and pain relieving drugs, so you will feel as if you have had a relaxing sleep, without excessive memories of the treatment.

In general, implants go through a three-month osseointegration process. During that time, a temporary solution replaces your missing teeth until a secure base is guaranteed for your new teeth. Then, permanent crowns, bridges or prostheses are added for a permanent and naturally attractive result.

With our All On 4 and All On 4 Plus technique though, the final set of new teeth is fitted within only 2-3 days of the implant surgery, and does not involve this three-month wait - even in cases of deficient or poor jaw bone.

3. About All On 4 Plus



All-on-4 is a dental implant solution that allows a full set of teeth to be replaced quickly and effectively, without any bone grafting, and on the foundation of (usually) only four dental implants. One innovation of All-on-4 is that your entire journey towards a permanent full teeth replacement, is now reduced to 1-4 days, and only involves one surgery.

All On 4 Plus Titanium®

At Complete we operate as Perth's only officially recognised All On 4 Clinic for

this technique. All On 4 was created by Dr Paulo Malo of Portugal. It was introduced to Australia by Dr Fibishenko of Melbourne, who added particular refinements called All On 4 Plus. It has been my honour to add what I consider further improvements to this pioneering work in collaboration with associate technicians, culminating in the All On 4 Plus Titanium® immediate teeth replacement technique at our clinic in Subiaco.

There are no dentures or plates involved. You get to enjoy new, case-designed, permanent

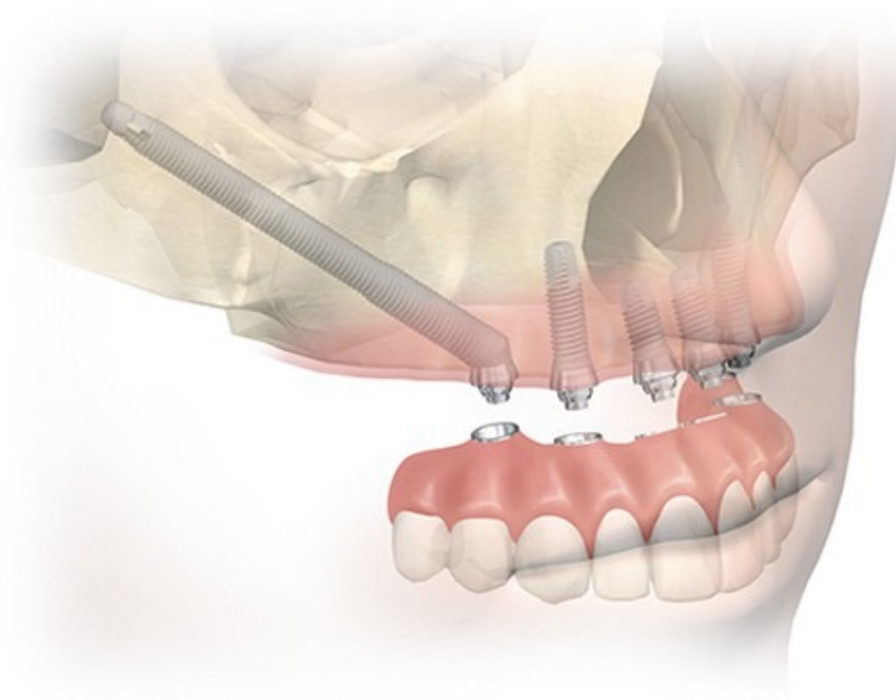
and fully functional teeth, attached to dental implants which are strategically positioned.

The implant bridge includes an aesthetic gum replacement (so any cosmetic issues of lacking gum or excessive gum are corrected), and the process is “immediate” - you get your new smile in 2-4 days, compared to a traditional three-month wait for other implant techniques.

With All On 4 Plus Titanium® we have been able to offer stronger, more aesthetic and easier teeth, compared to other immediate implant teeth. Your new teeth are built to be longer lasting than conventional All On 4 implant solutions and will act as a permanent solution for many patients.

All On 4 Plus Zygoma

In some cases of very deficient upper jaw, if there is really no bone left for implants at all, we can consider All On 4 Plus Zygoma as an alternative to bone grafting. Zygoma implants use the strong foundation of the cheek bones to support implant teeth when there is not enough upper jaw bone, and still allow for immediate teeth to be attached, like our standard All On 4 Plus Titanium protocol, in most cases.

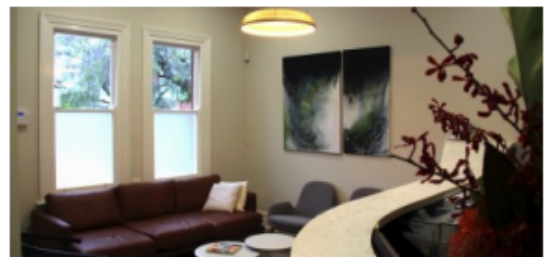


Your treatment journey

Your journey starts with an initial consultation. My colleague or I will assess your teeth, gums and jaw bone, and advise you on the available options. Whatever your chosen solution, such as simple implants, implant stabilised dentures, or full permanent replacement with All On 4, or All On 4 Plus Titanium®, then we will plan and carry out your treatment journey from beginning to end at our state-of-the-art clinic in Subiaco.

As I designed my team at Complete, I made sure that every member has the ability to offer you support and care every step of the way. As we carry out these advanced implant procedures every day, we also know how to support you if you are nervous. I have learned that in that situation, what you need is a combination of clear information, understanding rather than judgement, and gentle supportive care.

Personally, I restrict my practice to implantology, as well as oral (dentoalveolar and periodontal plastic) surgery. I trust that this is of real benefit to patients needing these procedures. It has been a pleasure and an honour to get referrals from other dentists in Perth, and to be asked to mentor other dentists in All On 4 with the support of Nobel Biocare, the trusted implant company that first provided the technique.



What makes a big difference in this process for you, is our particular expertise in IV Sedation Dentistry (also known as sleep dentistry). It's expert use of calming, analgesic and anaesthetic drugs to ensure you can snooze through treatments comfortably. Patients often tell us the whole process actually felt like having a relaxing sleep, en route to their new and healthy teeth, and a confident beautiful smile.

Waking up to a Complete new smile, and to improved function thanks to dental implants, is a significant journey. A first step of that journey is to help you understand as much as possible, about this type of advanced dentistry.

If you have any questions, feel free to call Complete and book an appointment. Our friendly receptionists and our treatment coordinator team will be happy to provide more information. On our website you will find many comprehensive articles and videos, and now that you have downloaded and read this eBook we will keep you up to date when we publish new, educational content on our website.

Thank you for reading this eBook and I look forward to helping you, not only with “Complete new teeth”, but also with a new level of comfort and confidence in your life.

To your Complete smile and health!



A handwritten signature in blue ink that reads "Misagh".

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Dentistry**

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P.S. It's important to mention that of course, all medical, surgical and dental procedures carry risks and these can be discussed with you. You may also seek a second opinion.

Dr Misagh Habibi

Complete Implant and Sedation Dentistry - All On 4 Clinic Perth

Ask a Question. We welcome
all your enquiries. Give us a
call or find us on Social Media

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