

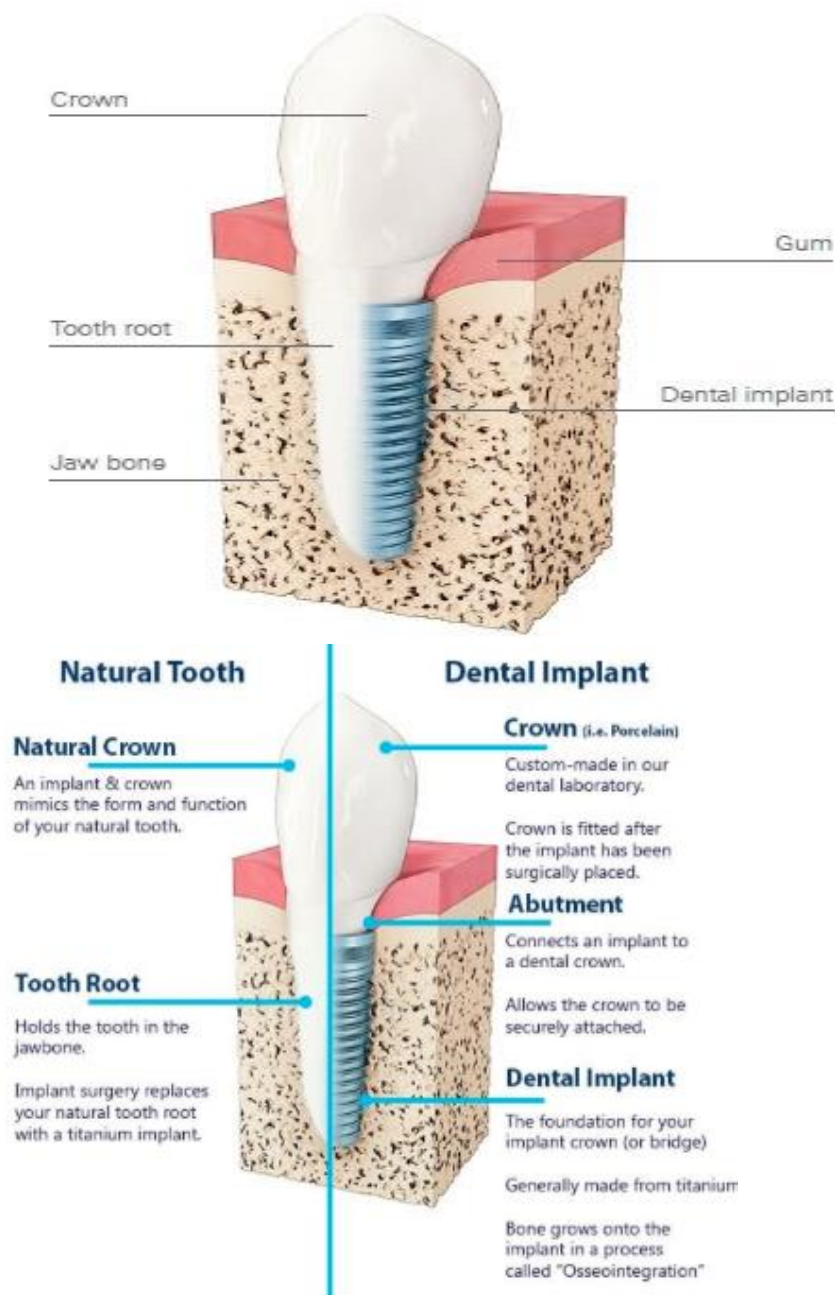
One 44 Dental Ltd

Dental, Facial Aesthetics & Implant Clinic

Implant Treatment Information Letter

Dental Implants:

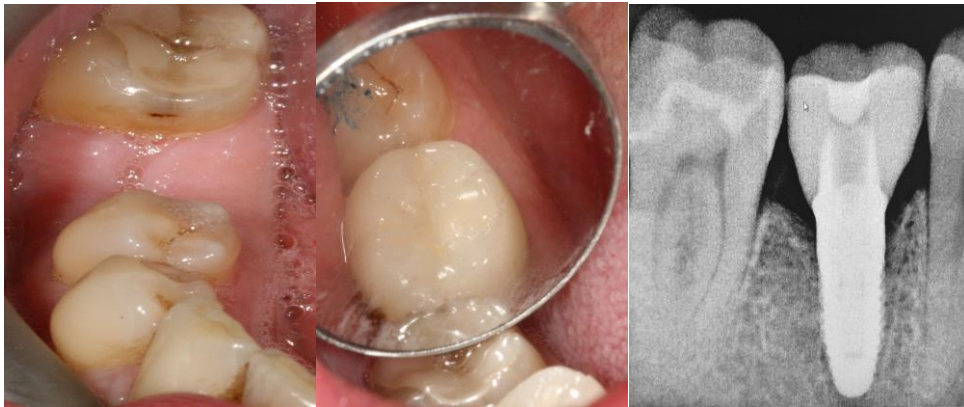
These are metal inserts made of titanium that are designed to use to support a form of a prosthetic tooth/teeth. In the simplest form; there is a double threaded hollow metal screw/plug that is inserted into the jaw bone; followed by a healing period of several months before which teeth like prosthesis can be linked to them. Please see the attached diagrams and photos for illustrations.



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Example 1: Single back tooth



Example 2: Denture supported on Implant Clips



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Example 3: Multiple teeth missing-Implant supported Bridge.



Example 4: Missing upper front tooth.



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You surgeon will discuss your custom-made treatment in detail; and in order to help you understand the details along with the benefits, risks and potential complications we have put together this form for a detailed information. Please read and mark any specific parts that you feel you do not fully understand and would like to discuss further with your surgeon.

The detailed consultation, pre-treatment discussion, patient education, regular monitoring after the procedure and regular assessments or follow-up constitute essential elements of implant treatment.

Options of replacing missing teeth:

Option 1: No treatment. Accept the gap, missing teeth or the failing teeth.

Options 2: Removable false teeth. These are ones you need to take out to clean and should not sleep with them in place.

Option 3: Bridges; these rely on grinding the surrounding teeth and fitting a fixed set of teeth onto them to replace the missing ones.

Option 4: Dental Implant Supported false teeth; either in the form of single or multiple. The false teeth can be fixed or removable.

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- **Possible Risks/Complications of the Treatment:**

Implant treatment is a surgical procedure, and such as any surgery it has its own potential complications.

Pain and Swelling: The procedure itself should be largely painless (apart from the scratch of the local anaesthetic injection). However, after any surgery there is usually pain and swelling that gets worse in the first three days, and slowly gets better over a period of 14 days to follow. You will only feel some pressure, pushing and feel some vibration during the procedure.

Bleeding, Bruising and Infection: As with any surgery, there is a risk of bleeding, that is usually self-limiting during and after the procedure. It is normal to expect slight ooze after the procedure; this is also minimal and self-limiting for a day or two. The swelling and bruising is usually limited to the surgical site but it may also affect the face, lips, and can occasionally extend to the neck and rarely to the chest skin.

Any surgical procedure is associated with a risk of infection, especially when the surgery is in a site naturally harbouring body bacteria and microorganisms such as the mouth (oral cavity). The risk of infection is estimated to be less than 5%.

Failure: Occasionally, Implant treatment is not successful due to failure of the implants to bond with the bone (osseo-integrate). There are risk factors that can make this higher, such as smoking, some bone diseases (example: advanced osteoporosis) some medications and uncontrolled diabetes. Also, there is an age factor, where the younger we are the higher healing potential we have (despite enormous number of cases of implants treatment in variety of age groups across the age spectrum). The collective estimated success is in excess of 90%.

Implants can develop gum disease called “peri-implantitis” that is in a way similar to gum disease around teeth. Patients who have had gum disease around their teeth are at higher risk of developing gum disease around their implants.

If you smoke, will smoke, or have smoked this can compromise the success of dental implant treatment and can lead to gum disease and other oral diseases.

Failure of the treatment after it has started does not warrant an automatic refund.

Please note that in the event of failures, we might be able to refund part of the fees, but this is not automatic process as each failure is assessed on its own findings and merits. Usually we take out costs that we have incurred.

Lengthy Treatment: As previously mentioned, implant treatment is a long process and can take several months from start to finish-provided all stages are complication free. Should any complication arise, the treatment duration could be extended according to each complication.

Please note that:

Patients who have suffered gum disease in the past are more likely to develop gum disease around the dental implants as well.

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If anything changes about your health or you are about to start any new medications it is important to let us know so we can advise if this affects your dental implants.

Here is a general outline for the Dental Implant treatment stages. These might change or be prolonged should any treatment complication arise.

1. Surgical Phase

- a. Implants placement followed by minimum of 3-6 months healing.
- b. Healing cap placement followed by 2-3 months of healing.

2. Restorative Phase:

- a. Following successful integration (healing) of the implant, impressions can be taken.
- b. Impressions- these are sent to the lab for prosthetic teeth fabrication.
- c. Fit implant crowns. Once crowns are received from the lab, we can fit them onto the implants. This is usually straight forward process, but occasionally further adjustments are needed; if needed this can prolong the treatment process.
- d. Temporary/provisional Restorations: Occasionally you may need to have a temporary restoration to obtain the best appearance outcome specially if you have a high smile line. This can prolong the treatment time till the final restoration by 6-12 months and increase the cost.

3. Maintenance Phase:

- a. You will require regular six-monthly review appointments. This starts once the implant are placed, you will need to have an x ray at the time of fit of the crowns, another x ray at 3 months and one year after for monitoring purposes.
Cost for this is like a normal follow up and post-treatment completion care visits are not included in the costs outlined here after the first year. After one year from implant placement and restoration, we recommend that you attend for follow up and reviews to ensure follow up and monitoring with your implant, however if you prefer to be followed up at your own dentist; please let us know and we will share all details of your implant treatment to help them during the monitoring stages.

Any complications along the course of treatment stages may result in prolonged duration of the treatment.

The “restorative” phase of the treatment refers to the process of placing a crown (i.e. false teeth) on top of the implants. This phase usually takes multiple appointments requiring impressions of the mouth and usually the fitting and modification of temporary crowns/bridges. This is in order to produce the best possible final outcome. Many of the stages during the restorative phase require work to be undertaken by dental technicians, which occurs between your appointments.

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Follow-up and Maintenance:

Once you have received implant treatment, you will require periodic follow up, monitoring and specialized professional care for monitoring of progress, and managing any complications, should any arise. This is a lifetime commitment. Implant components can at times require replacement for reasons of wear and tear at an additional cost. Maintenance visits cost are not included in the initial prices quoted here.

Once implants in place, dental implants require looking after in a similar manner to your natural teeth. This involves regular tooth brushing, the use of inter-dental toothbrushes and regular dental checks. This is essential to minimize the risk of gum disease around the dental implant known as “peri-implantitis”. Without a strict routine of oral hygiene around the implants, significant complications can develop, which can lead to loss of the dental implants.

If the treatment fails at any point within the first year of function, we might be able to replace the failed part at no additional cost; this depends on the cause of failure.

If the implant bony fixture fails to bond to the bone within the first year, we may be able to replace it once only.

Please note that in the event of treatment failure we do not warrant an automatic full refund of the payments.

Failures are assessed on their individual circumstances.

Gum Recession:

Over time, the gums shrink away from teeth, and they do the same around implants. Unlike the natural teeth, when it occurs in implants, it can result in metal colour showing below the margins of false teeth. This often appears dark grey or black. Another potential problem is the development of “black triangles” at the gum margin between the teeth/implants which also happens as a result of gum recession. This occurs after the gums shrink back and leave small triangular spaces between the teeth where the gums used to be (known as the “papillae”). Both of these complications can be unsightly, especially for front teeth implants or people who have a “high smile line” where they show a lot of gums when they smile or talk; and this can result in slightly longer teeth than the surrounding ones. If the metal shows this will be unsightly, and if the gums recede this will also result in the formation of the black triangles that is also unsightly.

Life span and expectancy of the implants:

Dental implants are not for life and they can last on average 10-15 years. However, they may last longer or shorter than this, and this will depend on many factors, including how well the implants are looked after, how much load they are under, and how your body reacts to them etc. During their course of function, maintenance visits are required at an additional cost. The cost varies according to what treatment or repair work is needed, especially if some of the components need repair, replacement or change. If you lose more of your own natural teeth this may result in additional loading of the dental implants and may lead to earlier loss. If you do therefore lose more of your natural teeth, it may be prudent to consider options for replacing these in order to distribute the biting

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force more evenly. Options for replacing teeth that are lost may include the use of a denture, bridgework or more dental implant/s.

Damage to the Surrounding Teeth or Neighbouring Structures:

Surrounding Teeth: Any surgery in an area where other teeth are present carries a small risk of damage to the teeth close to the site of surgery. This is usually negligible, however; the risk still stands for the teeth closest to the implants.

Nerve Damage: There are Nerves in the body and whenever you have surgery expect some form of localised numbness. Occasionally there are bigger nerves that can be affected depending on the location of the surgery. Nerve damage can cause tingling, numbness, pain or burning sensation.

The lower jaw: the nerves which give sensation to the lower lip and chin and to the tongue, if this happens numbness or a tingling sensation or burning in the lip and chin, or tongue will be experienced. If the tongue is affected this may involve loss of taste to affected area.

The upper jaw: The nerve provides sensation to the anterior part of the roof of the mouth, damage to that nerve may result in tingling, loss of sensation or constant pins and needles or burning sensation.

Nerve damage is temporary in most cases, but in a small number recovery may not recover at all. Rarely, continued pain may be felt from damaged nerves.

Photos:

During your course of treatment, we will be taking several photographs of your face and mouth for purposes of monitoring, recording of the treatment, the final outcome and education. Please let me know if you have any concerns regarding this.

Use of Artificial Material:

In some cases when the bone is not very thick, we need to use artificial bone materials to help promote the bone healing and bone formation in the areas around the dental implants. These materials are derived from animal products such as cows, horses and pigs. These are high-quality, medical grade products, which undergo a significant amount of testing and accreditation to ensure they are free of any possible contaminants. The risk of cross-infection issues is therefore negligible.

Bone Grafting:

Occasionally the bone present after the loss of teeth is not sufficient to allow direct implant placement into the jaw bone and additional procedures are required to facilitate that. This can be done

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simultaneously at the time of implant insertion, or sometimes a separate procedure that is known as bone grafting is required. This usually involves taking some bone from one site in your body and relocating into the future implant position to help your body build bone in the area. When this is done as a separate procedure it can require period of healing of up to 12 months for the body to form solid bone; and a further CT scan can be required to confirm this.

Sinus Lift/Graft Procedure:

This is a surgical procedure done to enhance bone formation and facilitate dental implant placement in the posterior upper jaw. The implant placement site that is directly located next to the expanded upper jaw bone cavity “maxillary sinus” is exposed and bone replacement products are placed between the sinus lining and the original patient natural bone to promote the bone formation. During the procedure the sinus lining and walls are exposed, the lining is peeled off the bone to create a gap that in turn is filled with mineral products to promote your bone formation aiming to promote bone formation in the area. This can be done as a separate procedure or simultaneously at the time of the implant placement, depending on the bone volume and implant stability in the area at the surgery site.

In this procedure, we gain access to the sinus (which is a hollow cavity within your upper jaw bone) and place a mixture of your own bone and artificial bone granules (cow & pig origin). This can be performed under local anaesthetic. On the day of the surgery, patients are usually provided with antibiotics dose in the, followed by a short course of antibiotics to reduce the risk of infection after surgery.

Risks specific to sinus lift procedure are: Sinusitis. Spread of the artificial bone graft material into the sinus space, this might start making its way out through your nose and appears as white granules. Failure. Nose bleeding. Risk of Damaging the surrounding teeth. Repeat surgery. If the bone density is not very good the implant placement will be done as a separate procedure on a much later date (3 to 6 months). Risk of damage to the main nerve inside the sinus that can lead to numbness around the right cheek, side of nose, upper lip,

upper gums/teeth and lower eye-lid.

Rarely the implant or its components can be accidentally pushed inside your sinus, if this happens you may need to attend the hospital to have the components removed out of your sinus under general anaesthetic as a separate procedure.

Space maintainer:

Often, during your course of treatment you will need to use the space maintainer/denture provided to stop the surrounding teeth from drifting and closing the gap. At times the space maintainer will need to be altered to fit around the implants during different treatment phases.

Night Guard and Heavy Bite forces:

For some patients, in order to protect teeth and the dental implant from receiving heavy forces, in certain cases we advise the use a night guard to protect against heavy forces. This will be worn on the teeth at night-time.

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Treatment Setup:

Treatments can be done under Local anaesthetic/Local anaesthetic with sedation or even general anaesthetic. Please discuss this with your surgeon as each option has a different set up.