



Your Guide to Dental Implant Options

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CROWNS & BRIDGES



A Dental implant crown may be an option when there are one to three missing teeth, especially if the teeth are not next to each other and are in different areas of the mouth.



An Implant-supported bridge is one or more dental implants attached together to replace a missing tooth or small section of missing teeth. Implant-supported bridges are less dependent on the health of the adjacent teeth, and are ideal for patients who are missing several teeth in the same section of the mouth.

OVERDENTURES

Removable overdentures are similar to regular dentures. The removable prosthetics feature an acrylic base that is flesh-colored and looks just like gums. Crowns are mounted to this acrylic base, mirroring the original teeth, and act as a replacement for when teeth have to be removed.



Implants are installed in the upper jaw, lower jaw or both. There are attachments on the overdenture that allow the denture to affix directly to the implant posts. The prosthetic is completely removable by the patient for cleaning and care. Implant-supported dentures need fewer repairs and less at-home care than traditional dentures.



Implant supported, fixed

Fixed overdentures are designed with a premium Zirconia base and Zirconia teeth. This is the standard of care for a life-long prosthetic device. The implant-retained Zirconia overdenture is affixed to the implants by screws to secure it in place. The prosthetic is not removable by the patient and is considered more of a permanent installation. If maintenance is needed, then it can only be removed by a dental professional.

Dentists recommend full arch replacement as the standard of care for a convenient, stable, and long-term solution to patients who experience severe tooth loss or damage.

The Multistep Process

1. **Consultation Visit:** Patient learns about the procedure, and what to expect during and after,
2. **Records Visit:** The dentist will take a CBCT (3D x-ray) before deciding whether implants are the right course. If so, impressions or scans will be made at this time.
Note: Steps #1 and #2 can occur in one visit.
3. **Surgery Appointment:** The dentist administers a local anesthetic, then extracts teeth and/or places bone grafts as needed. Finally, titanium screw-like posts are inserted deep into the jaw bone.
 1. **Same-Day Denture Option:** A provisional denture may be installed at this time, to improve function and aesthetics during the healing phase.
 1. A provisional denture eliminates Step 5 and Step 6
4. **Healing Phase 1:** Approximately 3 months, during which the titanium posts fuse to the bone.
5. **Uncovering Visit (Not necessary with Same-Day Option):** The dentist cuts into the gum again, exposing the posts. Abutments are placed on the posts.
6. **Healing Phase 2 (Not necessary with Same-Day Option):** Approximately 2 weeks as gums heal from the uncovering and abutment installation.

7. **Prosthetic Installation:** The dentist then attaches crown, bridge or denture onto the abutments.



Recovery

Like other types of dental work, dental implants require a period of adjustment before you are used to them. Because this is an invasive surgery, it will require time to recover. Different patients react in different ways to the surgery. However, if you follow the dentist's directions and take care of yourself, you may feel well within a couple of days.

The first 48 hours

There will be some swelling in the surgical area, so applying ice is critical. For the first 48 hours after getting dental implants, the patient should put an ice pack on their face for 20 minutes at a time. If the swelling does not go down all the way after two days, the patient can continue with ice treatment. Call the dentist if there is no improvement. Eating after surgery

Because getting *dental implants* involves an invasive process, the patient will feel some soreness, pain, and irritation at the surgical site. While people can eat immediately after getting implants, patients should avoid hot food as well as hard or crunchy items. For the first 24 hours, the recovering patient should focus on eating soft foods and those that require little or no chewing. It should gradually become less difficult and uncomfortable to eat foods such as meat, bread, and other favorites.

Rest and relax

Patients can resume normal activities soon after getting dental implants. However, for the first day or two after the procedure, the individual should not do anything strenuous. Instead, the person should lie down with the head elevated. Avoid going to work or school for the first few days after the procedure.

Oral hygiene

Keeping up with regular brushing and flossing is vital for a person with dental implants. However, the patient should not brush the implants for the first three or four weeks after surgery. Two days after the procedure, the patient should start to rinse their mouth with salt water several times a day for two weeks. Make sure to tell the dentist if there is moderate to severe bleeding or excessive pain during these activities.

Recovering from dental or medical surgery can be challenging: but if you follow these guidelines your recovery can be a success.

