



## Your simple guide to implant treatment

*Thinking about implants as an option to replace any of your missing teeth? Not quite sure where to start? To help begin your journey we have listed some important considerations that can help you take the first steps to restoring your smile.*

### Why should I think about implants?

If you have a single tooth or many teeth removed you could still investigate implants as an option for treatment. When we lose teeth it can affect us in many ways. We may be more conscious of our gaps when we smile, trying to cover our mouth, feeling embarrassed about our smile. We can miss the function of our teeth when it comes to eating and speaking. It can even result in a poor diet because we feel limited in our choices of food. We may be struggling to cope with alternate options such as dentures, or failing bridges. You may even be at an earlier stage, having been told you need to have a tooth taken out and you are concerned about how you will replace it. Planning and preparation can start here.

### What should I do first?

If you have decided that you would like to explore the option of implants then you will need a consultation with a dental implantologist.

We would recommend that you research who you are seeing thoroughly. What experience do they have? What qualifications do they have? How long have they been placing implants? What is their success rate? Are there testimonials from other patients to advise you on their experience with the practice?

Once you have decided on a practice then you can contact them for further information.

### But what if I already have a dentist I see for my routine examinations?

If you already have a dentist you can always ask for a referral to the implantologist of your choice and this way your dentist can be kept informed of your progress throughout your treatment.

### What should my first visit be like?

Each practice may be different in approach to what is carried out at your first visit. You can expect an examination to determine the health of all of your teeth and soft tissues. This will include the condition of your gums. Some radiographs may be taken. The implantologist will usually also request a CT scan to assist in planning your case. You can anticipate several visits to complete your planning stages and you will find out more about your mouth and teeth as well as understanding your treatment options .

### Why is planning important? Isn't it just a case of putting an implant in?

Planning is a crucial part of your treatment. This stage should be thorough and detailed. The results of your planning should be explained to you by the implantologist, and you should have all of your questions answered. In some cases your situation may be straightforward and in other cases more complex. It may even be that implants are not a suitable option for you, it is rare but it can happen.

### I'm still not sure, I think I want a second opinion, what should I do?

If you feel unsure about proceeding, you should always feel free to have a second opinion from a different implantologist of your choice. It is important you feel comfortable and confident heading into your treatment. Never feel rushed or hurried into making a decision.

### I have decided to probably go ahead with treatment what should I have received?

Once your planning stages are completed as well as discussing how your treatment will be carried out, you should also receive a written treatment plan. This will detail all that you have discussed, your options for treatment, timescales and costs. It will also include copies of specimen consent forms so that you have had chance to read through everything thoroughly before starting treatment.

### Once I have had my implant that is my treatment finished, there is nothing else for me to do?

Wrong! Although implants will not be exposed to decay like our natural tooth enamel they still need brushing and cleaning meticulously to maintain good gum health. If they are not maintained with a good home care routine and regular dental examination and cleaning appointments your gum health could be compromised resulting in a poor prognosis for your implant. Your implantologist will show you the best ways to look after your teeth and suggest cleaning brushes to use in your daily routine.

If you have your own dentist you will of course be referred back to them for your continuing care.



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