

## Dental Implants: Patient Information Leaflet

Dental implants are similar to partial dentures, but are fixed to the jaw using special titanium screws. Dental implants may be used to replace single or several teeth. They may also be suitable when dentures are not appropriate. Implants are not usually available on the NHS, unless a person has had an accident or dental problems after mouth cancer.

### *What are the advantages of dental implants?*

- **Improved appearance.** Dental implants look and feel like your own teeth, and because they are designed to fuse with bone, they become permanent.
- **Improved speech.** With poor-fitting dentures, the teeth can slip within the mouth causing you to mumble or slur your words. Dental implants allow you to speak without the worry that your teeth might slip.
- **Improved comfort.** Because they become part of you, implants eliminate the discomfort of removable dentures.
- **Easier eating.** Sliding dentures can make chewing difficult. Dental implants function like your own teeth, allowing you to eat your favourite foods with confidence and without pain.
- **Improved self-esteem.** Dental implants can give you back your smile and help you feel better about yourself.
- **Improved oral health.** Dental implants don't require reducing other teeth, as a tooth-supported bridge does. Because nearby teeth are not altered to support the implant, more of your own teeth are left intact, improving your long-term oral health. Individual implants also allow easier access between teeth, improving oral hygiene.
- **Durability.** Implants are very durable and will last many years. With good care, many implants last a lifetime.
- **Convenience.** Removable dentures are just that, removable. Dental implants eliminate the inconvenience of removing your dentures, as well as the need for adhesives to keep your dentures in place.

### *How successful are dental implants?*

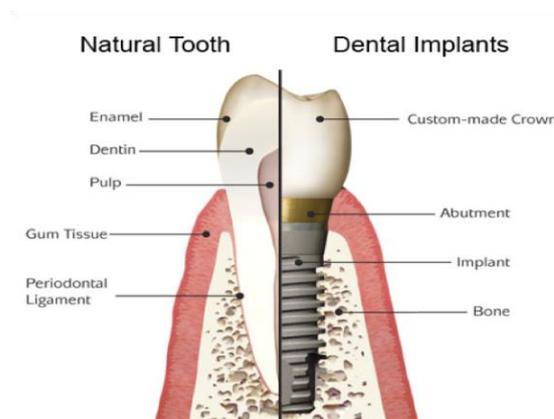
Success rates of dental implants vary, depending on where in the jaw the implants are placed but, in general, dental implants have a success rate of up to 98%. With proper care (see below), implants can last a lifetime.

### *Can anyone get dental implants?*

In most cases, anyone healthy enough to undergo a routine dental extraction or oral surgery can be considered for a dental implant. Patients should have healthy gums and enough bone to hold the implant. They also must be committed to good oral hygiene and regular dental visits. Heavy smokers, people suffering from uncontrolled chronic disorders, such as diabetes or heart disease, or patients who have had radiotherapy to the head/neck area need to be evaluated on an individual basis. If you are considering implants, talk to your dentist to see if they are suitable for you.

### *What is involved in getting a dental implant?*

The first step in the dental implant process is the development of an individual treatment plan. The plan addresses your specific needs and is prepared by a team of professionals who are specially trained and experienced in oral surgery and restorative dentistry. This team approach provides coordinated care based on the implant option that is best for you.



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### After your implant surgery DON'T

**DON'T** lie down flat during the first 24 hours. Sleep with several pillows.

**DON'T** drink alcohol for two weeks. Alcohol can seriously damage the healing tissues.

**DON'T** smoke for two weeks, as smoking will slow healing.

**DON'T** drink hot drinks such as tea and coffee for the first 24 hours

**DON'T** blow your nose for two weeks following the surgery if upper back tooth implants are placed. This will help prevent infection. Any nose bleeds that occur should be reported to the surgery.

**DON'T** traumatize the implant. Do not use a water pik, play with the area with your tongue or eat hard crusty foods.

### After your implant surgery DO

**DO** leave your dentures out at night

**DO** avoid exertion for the first seven days following surgery.

**DO** use corsodyl rinses starting 24 hours after surgery. Very lightly, without swishing, tilt and roll your head to allow the salt water to bathe the wound. Do this twice a day for two weeks.

**DO** take any prescribed antibiotic as directed until it is finished. If you seem to be having a reaction to the medication, please call the surgery. Pain after surgery can be controlled by over the counter pain relief drugs (such as ibuprofen or paracetamol) or other pain relief drugs that you usually take.

**DO** maintain a fairly soft diet for two weeks following surgery while the implant heals. The implant should remain covered, if it does become exposed, please contact the surgery. You may wish to take a vitamin supplement during the healing phase.

Numbness of the chin and tongue can occur if you are having lower implants. In most cases this disappears in time, but occasionally it could be permanent. Please mention this at your initial follow-up visit if it occurs. Please feel free to call the surgery if anything concerns you during the healing phase. You may need to make an appointment one to two weeks after surgery for suture removal and post-operative observations. **In case of emergency please telephone 07886697582 (direct line to Dr Minesh Patel)**

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## CONSENT FORM

1. I have been informed and understand the purpose of the implant surgery procedure. I understand what is necessary to accomplish the placement of the implant in the jawbone.
2. My dentist has carefully examined my mouth. Alternatives to this treatment have been explained. I have tried or considered these.
3. I have further been informed of the possible risks and complications involved with surgery, drugs and anaesthesia. Such complications include pain, swelling, infection and discolouration. Numbness of the lips, tongue, chin, cheeks or teeth may occur. The exact duration may not be determinable and may be irreversible. Also possible are inflammation of a vein injury to teeth present, bone fractures, sinus penetration, delayed healing, allergic reaction to drugs or medication used.
4. I understand that if nothing is done, any of the following could occur; bone disease, loss of bone, gum tissue inflammation, infection, sensitivity, looseness of teeth, followed by necessity of extraction. Also possible are temporomandibular joint ( jaw) problems, headaches, referred pains to the back of the neck and facial muscle and tired muscles when chewing.
5. My dentist has explained that there is no method to accurately predict the gum and the bone healing capabilities in each patient following the placement of the implants.
6. It has been explained that in some instances implants fail and must be removed. I have been informed and understand that the practice of dentistry is not an exact science; no guarantees or assurance as to the outcome of results of treatment or surgery can be made.
7. I understand that excessive smoking, alcohol or sugar may effect gum healing and may limit the success of the implant. I agree to report to my dentist for regular examinations as instructed.
8. To my knowledge I have given an accurate report of my physical and mental history. I have also reported any prior allergic or unusual reactions to drugs, food, insect bites, anaesthetics, pollen dust, blood or body diseases, gum or skin reactions, abnormal bleeding or any other condition related to my health.
9. I consent to photography, filming, recording and x-rays of the procedure to be performed for the advancement of implant dentistry, provided my identity is not revealed.
10. I request and authorize medical/dental services for me, including implants and other surgery. I fully understand that during, and following the contemplated procedure surgery or treatment conditions may become apparent which warrant in the judgement of the dentist, additional or alternative treatment pertinent to the success of comprehensive treatment. I also approve any modification in design, material or care if it is felt this is for my best interest.

**Clinical Photography:** If required in your case, thank you for consenting for clinical photographs to be taken as part of your personal treatment planning & education. You cannot be identified through your photos. Please sign if you consent for images to be used for potential academic, portfolio, marketing, educational & open publication purposes.

.....  
Please print name

.....  
Signature of patient

.....  
Date

.....  
Signature of Dentist



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**DIRECTLY AFTER SURGERY**

- ✓ It is quite normal for it to swell up or be sore for a few days
- ✓ Starting tomorrow, bathe the area corsodyl mouthwash. Repeat for fourteen days
- ✓ In the event of your mouth bleeding, make a pack by folding a clean dry handkerchief and bite very gently on it for twenty minutes
- ✓ No smoking or drinking alcohol today
- ✓ No exercise today
- ✓ Eat soft food on opposite side today
- ✓ Any problems please contact the surgery