

Implants for Denture Users



Dr. H. Ryan Kazemi
Oral & Maxillofacial Surgery

(301) 654-7070
www.facialart.com

4825 Bethesda Ave., #310
Bethesda, MD 20814

A story worth telling:

Mrs. Smith, 65, had worn full dentures for about 10 years. She lost her teeth due to gum disease and decay at an early age and was given full dentures. She remembers when she first got the dentures: "Big, clunky pieces of plastic which were tough to get used to. It caused me to gag a lot, and the best I could eat were mashed potatoes and pureed apples. It never really fit well, so I started getting sore spots all the time. My dentist tried to relines them a few times, but it would only remain comfortable for a short time. Over the next several years, I had to get more relines as the dentures seemed to have less hold on my jaw bone. Dentures got thicker and heavier and would slip all the time. It was not till recently that I realized my jaw bone was gradually melting away from the pressure of dentures on my gums. I tried using denture glues, but they didn't work well, and I was spending a lot of money. The denture is so loose now that I cannot keep it in place, even during normal talking. It's really embarrassing. I like to go out a lot and spend time with family and friends. And I also like to eat! But I just can't. It's just horrible!"



Mrs. Smith had two dental implants placed in a 30-minute procedure under IV sedation and was allowed to heal for 6 weeks before a new



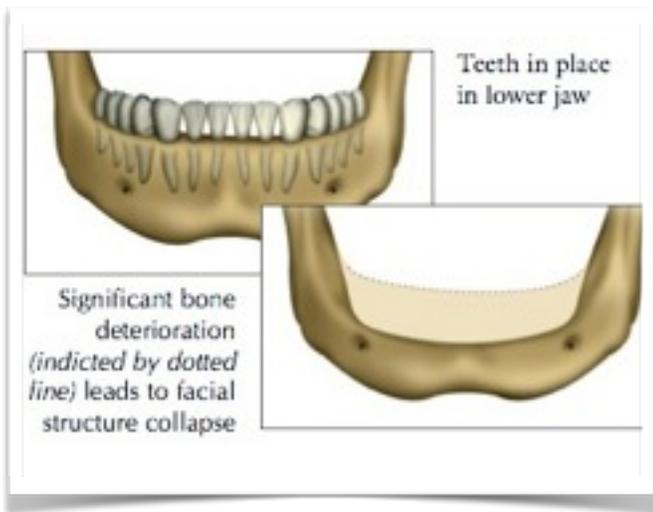
overdenture was made for her. It has attachments that fit over the implants and snaps into place. She has been using the new prosthesis for about a year and is very pleased and happy with it. She is social again and enjoying her favorite foods. She is saving money by not having to buy denture adhesives.

Stories like this are not uncommon. People are living longer and healthier lives, and dentures aren't compatible with an active and healthy lifestyle. In addition, denture wearers may have problems getting proper nutrition. But you don't have to put up with dentures. There are better solutions.

Many thoughts may be running through your head. What are my prosthetic choices? Can I get a fixed denture that does not come out? What will I be able to eat? Does it look natural? What is the 'Teeth-In-A-Day' concept? Do I have enough bone for implants? How many implants do I need? How long do I have to wait for my new prosthesis? What do I use while implants are healing? Am I too old for implants? Does it hurt? How much is it? Here are some answers and information to help you make a better decision.

What is the problem with conventional dentures?

When all of your teeth are missing, the jaws deteriorate rapidly. In addition, as the bone melts away, your muscles migrate or pull back, from their natural position. Your lips cave in as they lose support, and wrinkles increase dramatically as your facial structures collapse. Complete tooth loss and the deterioration of the jaws can also result in significant overall health problems related to improper digestion and malnutrition.



If you replace your missing teeth with dentures, you are compromising your facial structures. Dentures accelerate the bone resorption process as they put pressure on and compact the gums and underlying bone. As facial structures continue to collapse, the dentures must be relined (made thicker) to compensate for the additional bone loss. Replacing your teeth with implant supported

overdentures (or bridges) will preserve the bone and prevent the further deterioration of facial structures and the related health problems that would normally occur with complete tooth loss.

My dentures are loose, and I cannot eat well. What are my choices?



Dentures cause irreversible loss of jaw bone over time and become increasingly loose which makes it difficult to chew. Frequent relines, and expensive adhesives do not improve the condition, which progressively gets worse. The best alternative is dental implants to support either a removable denture (known as an overdenture) or a fixed denture (a hybrid prosthesis or bridge). Even the simplest design can improve your denture retention, eating, and self-confidence dramatically.

Can I get a fixed denture that does not come out?

Absolutely. Many people do not like removable dentures and find them quite embarrassing. With dental implants, you can have a fixed prosthesis that cannot be removed by you. It resembles natural teeth and is quite comfortable. Depending on the particular design, four to eight implants are necessary for a fixed prosthesis.

What kind of foods can I eat afterward?

Patients report significant improvements in their chewing ability and diet. You can eat steaks, apples, corn on the cob, and other foods that are practically impossible to eat with conventional dentures.

What is 'Teeth-In-A-Day' that I hear advertised?

Teeth-In-A-Day has become a new craze, and yes, it's largely a marketing fad. Teeth-In-A-Day means you have your teeth removed, implants placed and receive crowns, bridges, or dentures all in one day. Here is *the catch*: While promising, the current science, knowledge, literature, research, and expertise these are **not sufficient to achieve predictable** results in a single day. The approach can be successful, but only in very few candidates who present no infection around their teeth, have a great amount of bone, and all conditions are ideal. If conditions were this perfect, why would they need to have their teeth extracted to begin with? Many commercial "implant centers" do a hard sell to fit a patient into a treatment plan. Healthy natural teeth end up being extracted to be able to place multiple implants and connect them with an immediate prosthesis on the same day! There are some evidence-based studies on this approach, but there are too many variables not yet thoroughly understood. The use of this approach in poor candidates results in high rates of failure and implant loss.

Do I have enough bone for implants?

Sufficient bone is important for the long-term success of dental implants. During your examination, Dr. Kazemi will evaluate the amount of bone you have. Various X-rays such as a Panorex or CT-scan may be needed for proper diagnosis and treatment planning. Implants for a lower overdenture are usually placed in the front part of the jaw where there is usually adequate bone, even in severe cases of resorption.

3-D image from a CT-Scan demonstrates the amount of bone present for implant support



The upper jawbone may require bone augmentation depending on the number and location of the implants. A good clinical evaluation, along with appropriate X-rays or a CT-scan will tell whether you have enough bone to support implants.

How many implants do I need?

The number of implants depends on whether you want to have a fixed or a removable prosthesis:

- **Two Implants:** This is the simplest and minimum number of implants for support of an overdenture. You will have great denture retention and can eat quite comfortably.
- **Four Implants:** This provides better



support for your removable overdenture. Having four implants allows less denture extension or flanges, and increases comfort dramatically. In some cases, a fixed prosthesis may be possible with four implants.



- **Five-Six Implants:** Ideal for a fixed-hybrid prosthesis. This is an overdenture that has a metal sub-structure and is fixated to the implants. The prosthesis can be removed only by your dentist if necessary. This eliminates denture extensions or flanges and feels more natural.



- **Eight Implants:** Indicated for a fixed bridge. This prosthesis is made of porcelain or other ceramics and is supported by implants via screws or cement.



How long after surgery can I get my new teeth?

A prosthesis can be delivered on the same day as an immediate denture, or in two to three months after proper healing. While the implants are healing, you may use your current denture.

Can I have my teeth extracted and implants placed on the same day?

Yes, it is possible. However, it depends on the health of the extraction sites, the integrity of the surrounding bone, and the location of implants. Immediate implant placement shortens the overall treatment time and consolidates your procedures into one. However, it is done with caution and only in selected patients who meet strict criteria.

Am I too old for implants?

Some older patients fear their jaw bone is too weak for implants. The fact is, dental implants are equally successful and have excellent prognosis in older patients. There is no age limit for dental implants, and many, improve chewing, teeth stability, and self-confidence that adds quality to their lives.

Can I get implants with my osteoporosis condition?

Absolutely. Osteoporosis does not affect the health of the jaw bone. Dental implants are equally effective and successful.

Can dental implants be rejected?

Rejection does not occur with dental implants. The overall success rate for dental implants is 98% with almost 50 years of clinical research to back it up. Because implants are made of completely biologically compatible “bone-friendly” titanium material, they naturally heal and integrate with the surrounding tissues.

Who is the right dentist for implant treatment?

Teeth replacement with dental implants requires the collaborative efforts of a surgeon and a restorative dentist and dental laboratory. Dental implant surgery is a highly skilled discipline, best performed by oral surgeons who are well trained and perform this procedure daily. Dr. Kazemi specializes in dental implant placement and has performed it successfully on thousands of patients. The prosthetic aspect (crown, bridge, etc.) is performed by your restorative dentist who may be a general dentist or a prosthodontist who is a specialist trained in more complex aesthetic and reconstructive restorative dentistry.

Are teeth extractions, grafting, and implants safe?

Extractions, grafting, and implants are quite safe and predictable, and complications can be avoided when the procedures are performed by a trained, skillful, and experienced oral surgeon using specialized instruments and techniques. Dr. Kazemi specializes in these procedures and has performed them successfully on thousands of patients. Our office is designed and equipped for such surgical procedures, and the team assisting Dr. Kazemi is trained specifically for them. Methodical, exacting, and detailed protocols are followed strictly to make sure every patient is safe and has a remarkable experience.

Dental implants are made of completely biologically compatible “bone-friendly” titanium material that naturally heal and integrate with the surrounding tissues. Because titanium is accepted so well by the human body, it is also used for orthopedic implants such as hip and knee replacements.

What is the best anesthesia option and how safe is it?

The best way to manage anxiety and make sure you have the most pleasant experience is to opt for IV sedation. It is the most recommended anesthesia and is chosen by many patients. Dr. Kazemi is trained and licensed in administering in-office anesthesia. Its safety is attributed to continued monitoring techniques, the short-acting nature of the medications, the availability of emergency equipment, and, most importantly, proper training of the surgeon and the staff. Other options are local anesthesia, or nitrous oxide (laughing gas), but with either, the patient is completely awake and fully aware of the procedure.

IV sedation is very safe and predictable in healthy patients when administered by an experienced clinician with proper training following accepted protocols. The patient is continually monitored during anesthesia, and emergency equipment is kept on hand. The medications used have a long history of safety and are short-acting. Anesthesia is also safe in patients with respiratory problems or cardiovascular disease, providing that precautions are taken. To avoid possible airway compromise, patients with severe upper respiratory issues, such as a severe cold with stuffy nose and productive cough, are advised to postpone the surgery until they feel better.

Our facility is equipped with emergency equipment and medications, and the entire team is trained to manage any possible complications quickly and properly. The surgeon is CPR and ACLS certified and can effectively and quickly manage any complications that arise. In the event, additional assistance is required Suburban Hospital is in proximity to our office.

How soon can I return to normal activities?

Most patients return to normal activities one to two days after the procedure. There is no problem with traveling or flying the following day, although it's best to rest for a day or two. Of course, there are always variations in overall response and recovery.

What is the expected recovery?

- **Pain:** The level and duration of pain depend on the complexity of the surgery, the technique, and the patient's tolerance. Pain associated with dental implants is extremely low, sometimes requiring no pain medications. Some may experience three to four days of discomfort, commonly managed with pain medications such as Advil, Tylenol #3 or Vicodin. As pain gradually diminishes over the next two to three days, ibuprofen (Advil) or acetaminophen (Tylenol) can be used. After seven to ten days, most patients no longer have pain and may stop their medications.
- **Swelling:** Any swelling related to surgery will maximize in 36 to 48 hours following the procedure, and gradually taper over the next five to seven days. Ice helps to reduce swelling in the first 24 hours.
- **Diet:** Upon arrival home, patients may have water, juices, soups, shakes, purees, and very soft foods. A soft diet is recommended for up to five to seven days. No hard, crispy, or spicy foods should be eaten during this period. The general rule is: if you have to chew, it's probably too hard. After seven days, patients may gradually return to normal food.
- **Activity:** Get plenty of rest on the day of surgery. Some patients may feel well enough the following day to walk and go out. That's alright, but take it easy. Avoid strenuous activities for the first two to three days. Refrain from sports, lifting, or doing anything that requires exertion. After three days, if patients feel more comfortable, they can walk, go for a gentle swim, or do very low-impact exercise. Mild activities may cause some pain but not enough to disturb the surgery site or open the sutures.

Managing your anxiety:

Anxiety is not uncommon among people having oral surgery. This anxiety is mostly related to hearing of others' bad experiences with excessive pain, swelling, and complications. We resolve this in several ways. First, the use of IV sedation allows patients to nap during the surgery. This helps greatly to make them comfortable and reduce anxiety. Second, patients will be cared for by a group of professional staff members who take the time to connect personally with each patient and allay their fears and concerns. Third, the surgery is done conservatively, which minimizes or avoids swelling, pain, and complications.

Planning Your Visit

Planning the procedure around your schedule:



We understand that taking time off work or other responsibilities may be challenging. Therefore, we will arrange your appointments in a way that offers efficiency and minimizes your time spent in our office. For dental implants, we recommend first a consultation appointment. During this visit, we will complete the examination, take necessary diagnostic X-rays, and discuss treatment options and various stages. Our financial coordinator will meet with you to discuss fees and payment options. Following the procedure, you may have one

or two follow up appointments. As a convenience, prescriptions are available right in our office. We offer a flexible appointment schedule, Monday through Friday between the hours of eight and five, and early-morning or late-day appointments per special arrangements. Weekend appointments are available with our VIP and Presidential service packages and can be reserved per special arrangements.

What your escort can do during your procedure:



Your loved ones can relax in our lounge and enjoy a cup of tea or coffee and read a wide selection of magazines. Or take advantage of our free Wi-Fi computer lounge to check emails and browse the internet on either your computer or ours. They may also take a stroll on Bethesda Avenue and visit the many stores, coffee shops, and restaurants. We'll call them when the procedure is complete so they can return to the office and join you in the recovery room.

Information that we need prior to the procedure:



- Patient registration form, medical history, and signed HIPAA forms. All forms may be completed online or sent by fax prior to your visit.
- A referral form from your dentist indicating the planned areas for implant placement.
- Panoramic X-ray taken within the past six months. Your dentist may send it to us electronically or give you the film to bring. If you don't have a panoramic X-ray, you can obtain one in our office. If a CT-scan is necessary, we will refer

you to a nearby center.

What are the cost, payment options, and insurance protocol?



The cost of surgery depends on the number of implants, grafting needs, and your choice of anesthesia. Once you have been examined and the treatment plan completed, the exact cost will be discussed. Biopsy procedures may be considered under either dental or medical insurance. We have several payment options including short- and long-term plans. Those with insurance may choose

to pay the surgical fees and receive reimbursement directly from their insurance company, or pay an approximate co-pay, and we will submit the necessary claims. If you need special financial assistance

About Dr. H. Ryan Kazemi



Dr. H. Ryan Kazemi is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the University of Pennsylvania, School of Dental Medicine in 1990. Following a one year internship at the Albert Einstein Medical Center in Philadelphia, he pursued surgical training at The Washington Hospital Center in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland since 1997, providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental

implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a diplomat of the American Board of Oral and Maxillofacial Surgeons, and an active member of the American Association of Oral and Maxillofacial Surgeons, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association, and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington, DC, area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, *To-The-Point*, is read by more than 2,000 dentists every month. He is also the founder of DDSForums.com, a professional networking site for dentists.

Dr. Kazemi serves on the medical staff for D.C. United, the major league soccer team in Washington, DC, and the US National soccer team for the care of their athletes.

What sets us apart:

- Treatment by board-certified oral surgeon
- Predictable results
- Speedy recovery
- Flexible scheduling
- On-time appointments
- Safe and comfortable atmosphere
- Warm and personable service
- Quick access and response when you need us



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