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## PATIENT INFORMATION ON DENTAL IMPLANT SURGERY

### **Why Implants?**

Implants have now become the first choice treatment for replacing missing teeth. This is because the original option of a bridge requires the preparation and destruction of two supporting teeth. These teeth remain vulnerable to recurrent tooth decay, future breakage and the nerve tissue can die off requiring root canal treatment through the bridge. An implant cannot decay, and has no nerve.

### **Success Rates**

Implant surgery now has a success rate of greater than 97%. Even if an implant fails, it is usually possible to successfully place a new one.

### **Appointment Day**

Please ensure that your surgical appointment is arranged for a day that is convenient for you in terms of social and professional commitments. This will allow you to rest for the remainder of the day. You may experience pain. This should be controlled with nurofen. There may be some swelling and bruising for a few days.

### **Medication**

If you take medication, or are under medical care at present, make sure you tell your dentist. You may be prescribed medication for pain relief or anti-biotics and a mouth rinse to prevent infection. Please follow the advice given on the bottle or by the dentist. If you are allergic to any medicines, let your dentist know. Please clean the teeth unaffected by the surgery meticulously.

### **Treatment Planing**

Radiographs need to be taken to measure the bone height and assess the position of certain anatomical structures. These include the inferior dental nerve and the mental nerve foramen which if damaged during surgery can leave a post - operative numbness that may never recover. The lower lip on the side of the surgery would then remain numb permanently. Having said this, in 20 years of carrying out surgery this has never occurred to one of my patients. The other area that I will try to avoid is the sinus in the upper jaw. This is an air filled structure and does not contain any bone and is therefore useless as an anchor for implants. Therefore I need at least 7mm of bone below the sinus to have sufficient bone to anchor an implant. I will also measure the width of the available bone to help select the correct diameter of implant and to confirm that there is enough volume of bone to house an implant. This procedure is called ridge mapping and you need to be numbed up for this.

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### **The Surgery**

The implant surgery will be carried out under sterile conditions. The surgeon and assistant will be wearing surgical, hats, masks and gowns and you will be covered with surgical covers and asked not to touch anything in the surgery. Any item that cannot be sterilised is thrown away after use. On occasion, it is necessary to change the treatment plan mid- surgery. I will only do this with your best interests in mind. For example I may need to supplement the available bone with a bone graft. I will use your own bone from a site near by or a mixture of synthetic bone graft material which is widely used around the world and is quite safe. The name of the material is Bio-Oss and it is derived from cow bone but it has been purified and made completely sterile and safe. There will be an additional charge for the cost of the bone graft material. **If you do not want me to use Bio – Oss, please tell me before I start.**

Sometimes, at the time of the surgery, the bone anatomy is different in reality to that predicted by the radiographs. This can happen, as the radiograph is a 2 dimensional picture of a 3 dimensional reality. However, I feel it is worth minimising radiation dosage and not using a CT scan for your implant procedure.

### **Is the Surgery painful?**

Bone has no pain sensory fibres, so once you have been numbed using the normal dental anaesthetic you have for fillings, the operation is quite painless. It is often tiring and uncomfortable, but no more than this. Afterwards, nurofen is normally quite adequate for pain relief. The discomfort rarely lasts for more than 5 days.

### **Smoking**

Smoking can reduce the success rate for implant surgery. It would be in your best interests, should you smoke, to cut back to as few as possible or better still stop for the week before and after surgery.

### **Post Operative Healing**

There is great variation in healing times between one individual and another. At the time of surgery, I might recommend that conditions dictate a longer healing period before the implants are loaded. This healing period can vary from 6 weeks to six months. It will be necessary to see you 5-10 days after surgery to remove the stitches, which is quick and painless.

### **Oral Hygiene after Surgery**

While dental implants can not decay, poor oral hygiene resulting in plaque build up around teeth and implants can cause irreversible damage to supporting bone, especially during the healing period. Immediately after the surgery, the tissues will be tender and I will prescribe a mouth rinse called Corsodyl. Please rinse with this four times a day and clean the rest of your mouth away from the surgery as carefully as possible.

### **Diet**

It is important that you eat a well balanced diet before and after surgery as this will help with healing. After surgery, soft foods such as soup, fruit drinks, pasta, eggs, fish, mashed potato, yoghurt and serials can provide all the nutrients you need. I might prescribe vitamin supplements to help with the healing.

### **Denture Wearers**

If you are a denture wearer and have been told to keep it out, please only wear it when absolutely necessary, and if eating with them in, only eat very soft foods. You must keep the denture spotlessly clean.

### **Bleeding Post-Operative**

**You must not rinse your mouth for six hours after the surgery. This will allow the blood clot to stabilise.** There may be some oozing for twenty-four hours after surgery and your bed linen should be protected. If you are concerned by the amount of bleeding, place the pack provided or a tissue over the socket and bite down for twenty minutes by the clock. **If the bleeding continues please ring me at home on 020 8201 1546 or on my mobile 07973 661270.**

### **Healing**

Usually, osseo-integration (successful bone healing) takes at least 2 months in the lower jaw and three months in the upper jaw. This depends on the implant stability at the time of surgery and I will let you know this at the end of the surgical appointment and it also depends on the bone quality. The bone tends to be less dense in the upper jaw.

**It is very important that having read this information that you also understand it and are happy to sign the consent form attached.**

## CONSENT FORM FOR DENTAL TREATMENT

- 1 I have been informed and I understand the purpose and the nature of the dental treatment.
- 2 My dental surgeon, Dr. Julian Kurer, has examined my mouth and alternatives to this treatment have been explained.
- 3 I have given my approval of the treatment to be provided and have agreed the fees and the arrangements for their payment.
- 4 I agree to carry out the post-operative instructions with regards to dental maintenance, to diet and oral hygiene as explained to me in writing.

NAME OF PATIENT .....

SIGNATURE OF PATIENT: .....

DATE:.....