



YOUR TEN DENTAL+FACIAL IMPLANT GUIDE

Must-know tips and information about
Dental Implant treatments at
Ten Implant Centre

*'It's liberating! This has
changed my life'*

- Ten Implant Centre Patient



Implants at Ten

At Ten Implant Centre we work in a state of the art surgery with the highest standard of sterility alongside your dentist to ensure the best results for your treatment. We are a large, multi-disciplinary referral practice with our specialists providing in-house services in periodontics, orthodontics, implants, oral surgery, paediatrics and implant treatment. This allows us to treat the most complex cases to the very highest standards.



We have an in-house CT scanner and use this with planning software to plan each implant case in detail. We are also only one of a small handful of practices to use cutting edge oral welding to give you long lasting same day solutions to your missing teeth issues.

We have a clinical dental technician who works alongside us to give patients a level of customisation and input into their teeth before we start. We also use Digital SmileDesign to communicate with the lab, the patients and all the other clinicians involved in your care.

We have Treatment Co-ordinators who will see you through your treatment journey and build a strong relationship with you. We have specialists in all aspects of dentistry, allowing us to deal with very complex cases. We have also won awards for our patient care.

FAQs

What is a dental implant?

The modern alternative to bridges or dentures, implants replace the root of missing teeth. Integrated into the bone of the jaw, they permanently anchor one or more crowns to give a completely natural feel, function and appearance.

Why choose implants?

Until recently, the only option for missing teeth was dentures or a bridge. The problem with a bridge is that the neighbouring healthy teeth must be drilled down, and dentures can feel loose and cause pain. Implants, on the other hand don't affect adjacent teeth and are firmly fixed and integrated into your body's own tissues, just like the teeth they are replacing.

We only use implants with a proven track record and excellent clinical results which are supported by recognised manufacturers to ensure we get the best results possible for you.

Is timing important?

Once a tooth is lost, the bone around it begins to disappear. So the earlier an implant is placed the more bone can be saved, which is crucial in achieving the best possible outcome.

How long do they last?

Dental implants have a very high success rate and, like your natural teeth, they'll last as long as they are well looked after and kept clean.

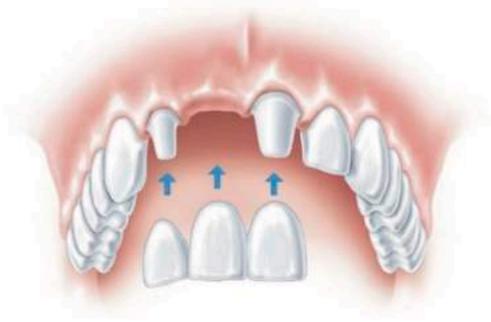
Does the treatment hurt?

Placing an implant involves a small operation which in many cases can be done under a local anaesthetic. After placement the discomfort is minor and in most cases over-the-counter painkillers are all you'll need. If you are a nervous patient we can also arrange for sedation (also known as twilight sleep) for your treatment.

Is it expensive?

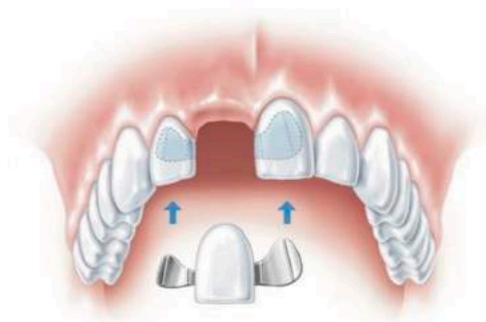
Due to the individuality of each case it is not possible to set a standard fee, though we can give you a fee guide. Following your consultation we will tailor a treatment plan specifically to you which will include a quotation.

Conventional Bridge



When replacing the missing tooth, the neighbouring teeth have to be drilled down before the bridge can be fitted. If the teeth are healthy this can have long-term consequences. There is a lot of research to confirm that these bridges tend not to last as long as implants.

'Sticky' Bridge



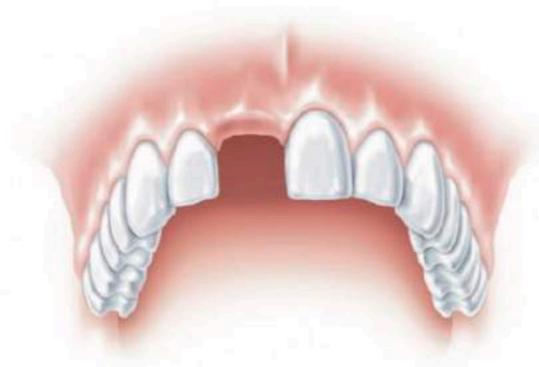
A 'sticky' bridge uses metal wings that are glued onto the neighbouring teeth. Although the teeth are not drilled in the process, the metal sometimes shows through and the teeth can look grey. They also tend to come unstuck more frequently than conventional bridges or implant crowns. For most, this is a temporary or medium term solution.

Dental Implant



A dental implant is placed in the bone like a new root for a tooth. It is strong, lasts longer than either type of bridge, and supports and stimulates the bone around it so it does not resorb.

One front tooth missing



A missing front tooth can be replaced with a denture, bridge or dental implant. A dental implant has the advantage that it does not require the teeth either side of the space to be drilled down. It also stimulates and maintains the bone around it to give a very natural appearance.

Replacing front teeth is more complex than replacing back teeth because they are more visible. In order to achieve a cosmetically pleasing result, we will make you a provisional tooth to ensure your happiness with the final result. We also use this to check that the implant tooth will fit comfortably into your bite.

In order to allow the implant to be placed and to look better, the implant surgeon may need to increase the amount of bone or gum using bone regression, bone

grafting or soft tissue grafting. If this treatment is necessary it will be discussed with you and explained in more detail at your consultation.

If you would like to enhance your smile with whitening, or replace old crowns, veneers or fillings, this is the ideal time to do so, and you should speak to your dentist about this before you are referred for the implant to ensure that the implant surgeon and your dentist can work together to achieve the best result for you.

The cost of a single front tooth may be more expensive than a single back tooth due to the treatment being more complex, but by using provisional restorations and assessing your smile throughout, we can achieve the best possible results.



Naine's Story

Naine came to see us after many years of suffering with an upper denture. The holding teeth were becoming looser and looser and she finally decided that it was time to make a change.

Naine had 4 implants and, on the same day, had a provisional bridge fitted. This meant that she never had to wear a full denture. The final teeth were made to her specification after a few months of living with the provisional teeth. She is extremely happy with the end result.

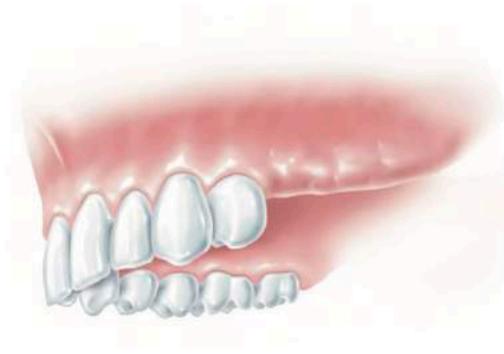


BEFORE



AFTER

A few back teeth missing



Having multiple missing teeth can have an impact on both your confidence and wellbeing. People with missing teeth often suffer from anxiety and try to avoid smiling, laughing and eating in public in order to hide their gaps.

Even though you may not be able to see missing back teeth as much as front teeth, having fewer means that functionality can be affected and you will not be able to chew as well.

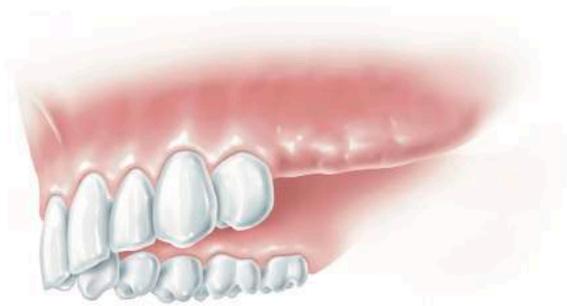
The extra chewing that your front teeth need to do means that they can take more force than they should. This extra strain can affect the front teeth and they may not last as long. This is known as a lack of posterior occlusal support. In some cases more than one implant is required.

Your dentist and implant surgeon will work together to ensure that functionality of your new teeth is achieved, as well as how they will look. Replacing multiple teeth with dental implants can be a very similar process to replacing a single tooth. However, if for example three missing teeth are adjoining, it is possible to replace all three teeth with two implants and bridgework.

Occasionally when placing implants on the top jaw more bone may be needed. This bone grafting procedure is known as a sinus lift.

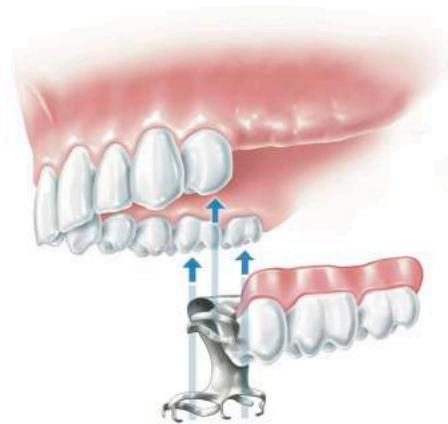
Your implant surgeon will give you more information about how you can benefit from a sinus lift if it is needed.

No back teeth



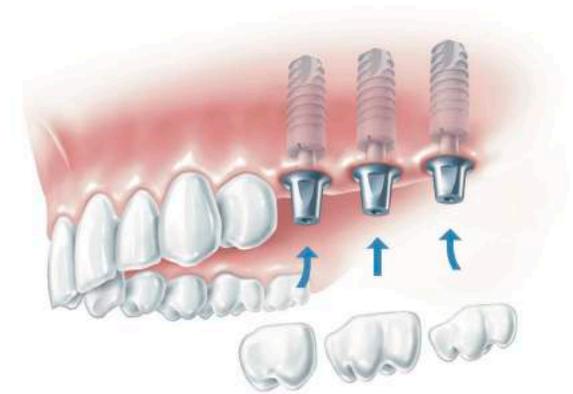
Having no back teeth means you may not be able to chew properly and/or digest your food in the same way. Having a gap at the back of your mouth can be an issue as well. The teeth opposite tend to drift into the space available as there is no bite to control their movement.

A removable denture



A denture will replace the missing teeth, but most people tend to have problems with the denture moving and food getting underneath it. It can sometimes put additional stress on the teeth around it.

Dental Implants



Dental implants can be used to replace the missing teeth. They will allow you the freedom to eat any food you choose without the worry of a loose denture.

The implants will also stimulate the bone and preserve your jaw.

Pietcarla's story

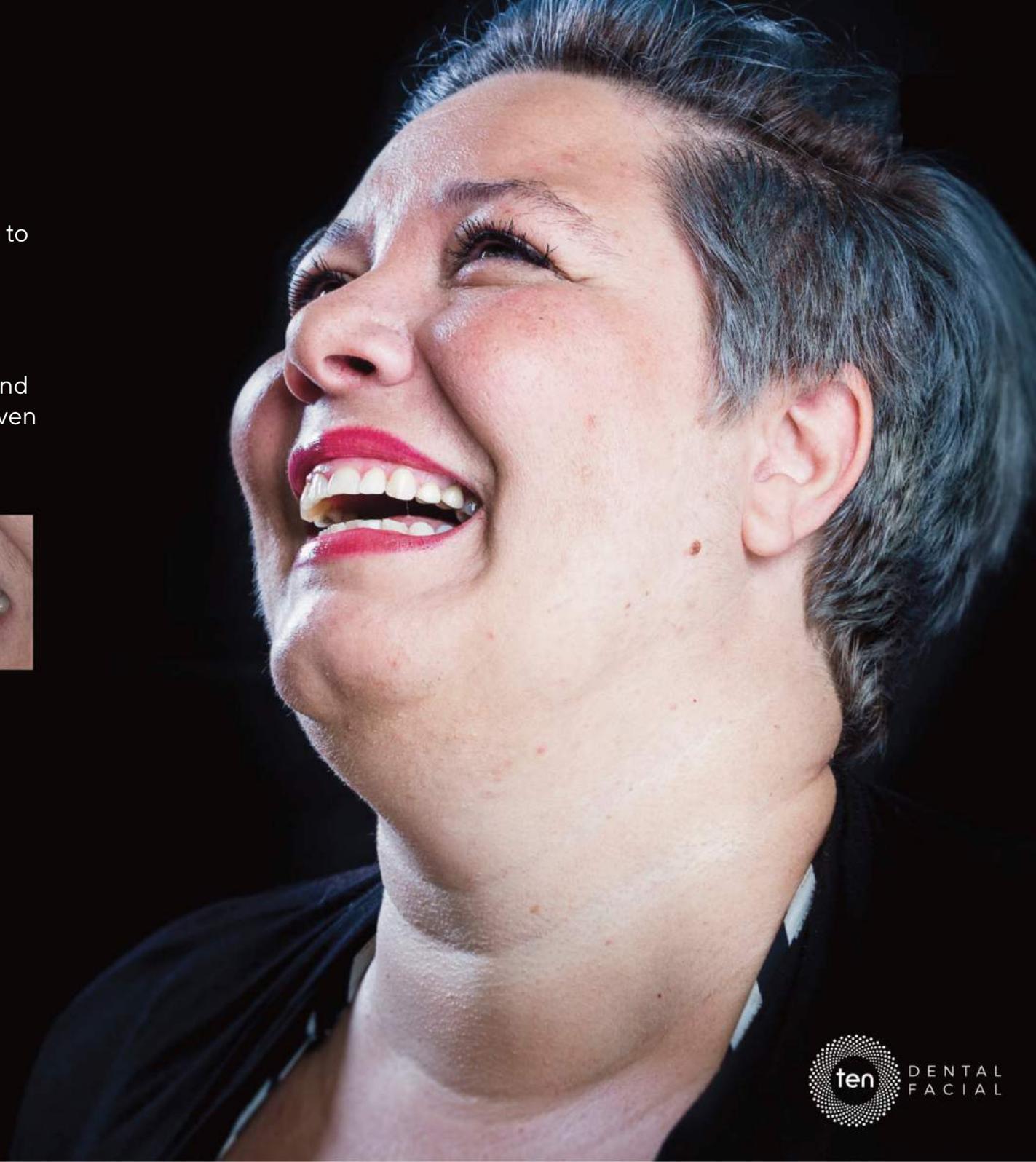
Pietcarla was extremely anxious about undergoing dental treatment before coming to Ten Dental+Facial.

We are proud to have been able to restore both her confidence and her teeth; not only have dental implants taken away her issues and concerns surrounding chewing, they have given back her smile.

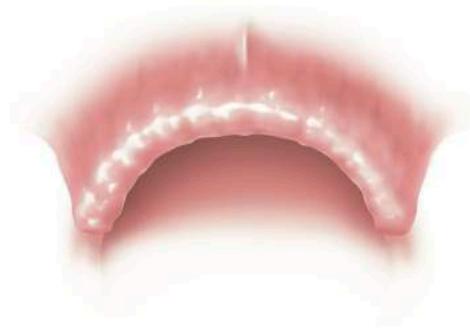


BEFORE

AFTER



All your top or bottom teeth missing?



If there are no teeth on your upper or lower jaw the option for replacing the missing teeth is to wear a denture.

Dentures can be embarrassing for many and can limit your lifestyle and social activities. It also affects the food you are able to chew comfortably and many find the limitations on their lifestyle hard to deal with. We are able to restore functionality of your bite by stabilising your denture. Using a minimum of 2 implants on the lower jaw, or a minimum of 4 implants on the upper jaw the implants anchor the denture to your gums. This will stop the denture moving and give you the ability to chew without the denture irritating the gum.

We can also improve the retention using bars between the implants, and although this is a slightly larger investment cost, the denture is more firmly fixed.

Finally, we can give you teeth that are fixed. We can do this using between 4 and 8 implants to hold a bridge that is either cemented or screwed into position.

Stabilising your denture, or fixing a permanent bridge to implant will improve your confidence, chewing ability, and also your general health. There are many scientific studies to show that people who are able to chew better break down their food better and gain more nutrients from their food. This improved their overall health and, in some cases, reduces the need for them to take drugs related to digestive disorders.

Denture Stabilisation

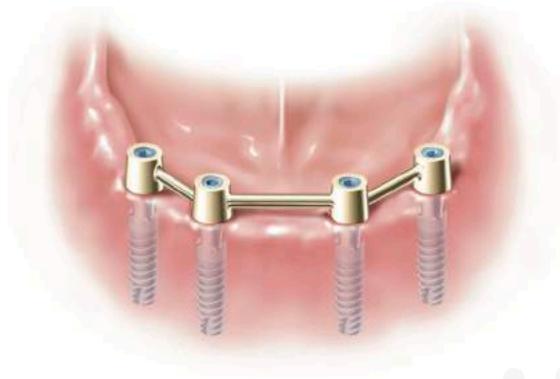
We can also use a bar connected to the implants to secure a denture. This costs a little more because of the custom made components, but will give added retention.

Syncone - feels like fixed teeth, but removable.



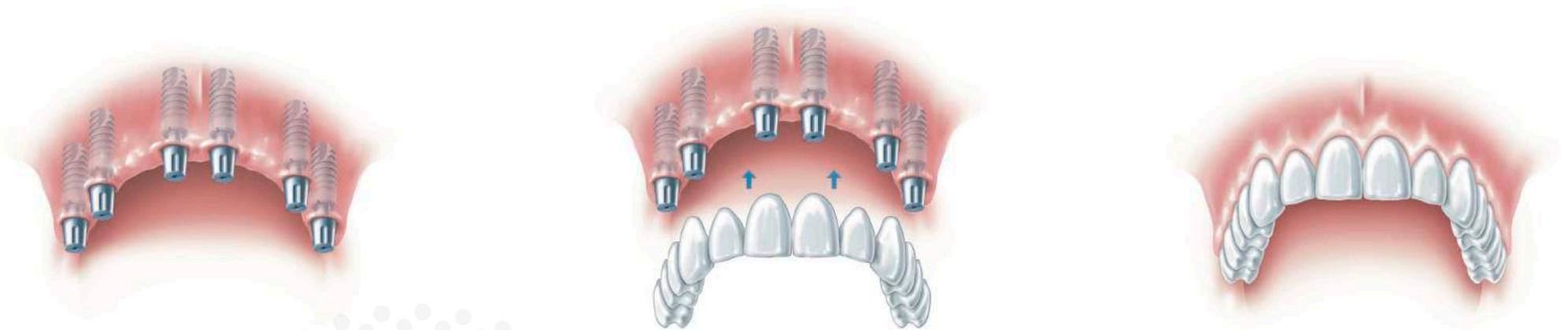
Denture Stabilisation

Your denture can be secured using 4 implants connected to precision fitting copings. This will mean your denture will not move and you will be able to use it to chew better with no discomfort.



Fixed Teeth

We can make teeth that are fixed so that they do not need to be removed at all. When these are in place they will function just as well as a set of healthy, natural teeth. The implant retained bridges look completely natural. Although this option costs more than the denture options, the benefits of fixed teeth are worth it.



Stephen's Story

Stephen was referred to Ten Dental+Facial by his regular dentist to manage a complex issue.

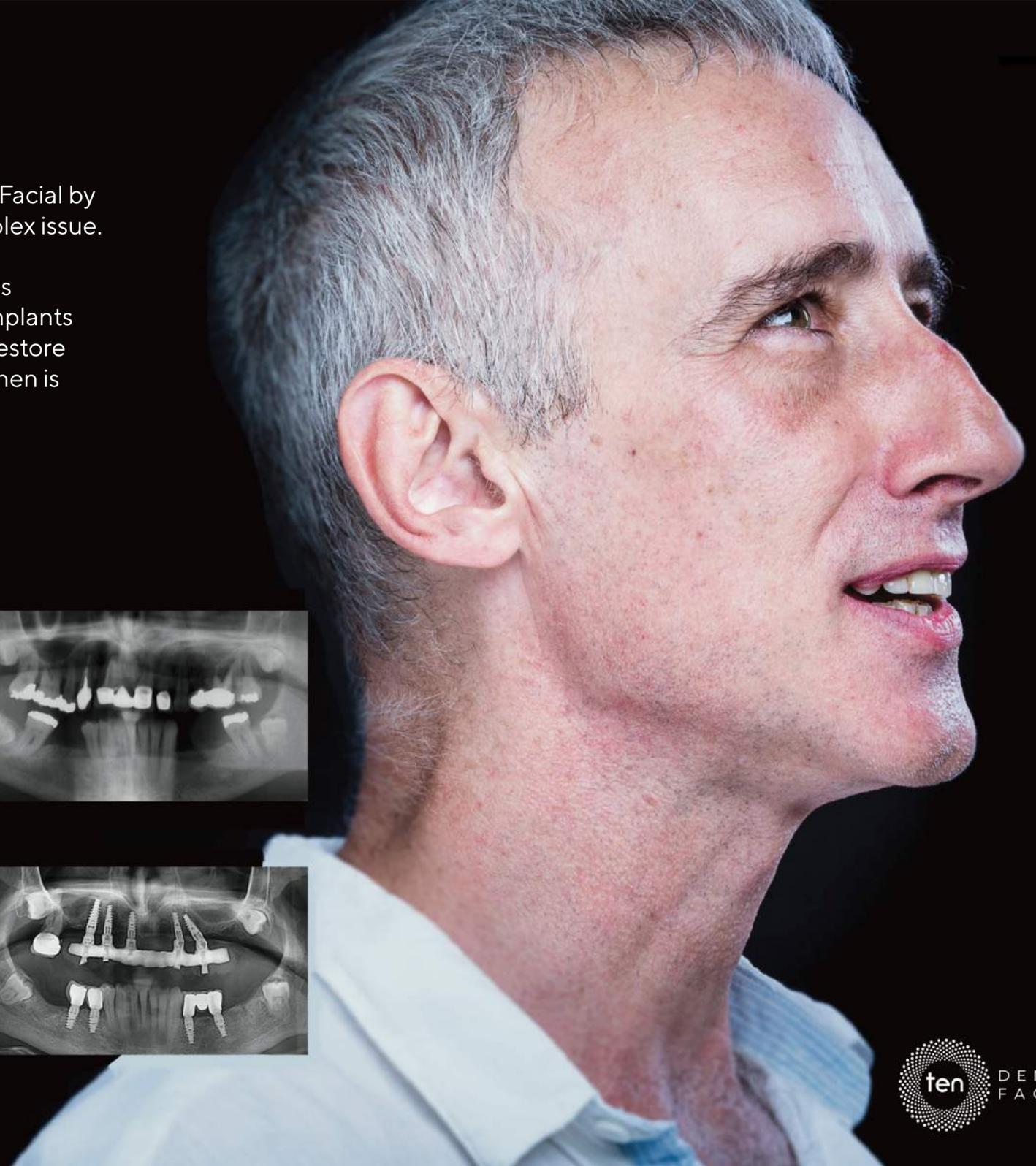
A carefully staged management of his treatment allowed multiple dental implants in both the upper and lower jaws to restore his smile and chewing capacity. Stephen is extremely happy with the end result.



BEFORE



AFTER



Bone grafting

Bone grafting is required when you need more bone into which an implant can be placed. It will mean that even if you don't have enough bone to place the implant, we can use your own bone to increase the amount of bone where you need it most.

It is often possible to obtain this from some other part of the mouth. This can be carried out under local anaesthetic. The graft is positioned and allowed to heal for up to 6 months before implants are placed.

The procedure involves taking a small amount of bone from the lower jaw (around the area of the wisdom tooth) and moving it to the area where we plan to place the implant, letting the new piece of bone fuse to the upper jaw, and then placing an implant into this new bone.

The procedure for taking the bone from your lower jaw is similar to having a wisdom tooth removed.

The benefits of the graft are that we will be able to place the implant in your own bone and achieve a long lasting and cosmetically pleasing tooth in the correct position.

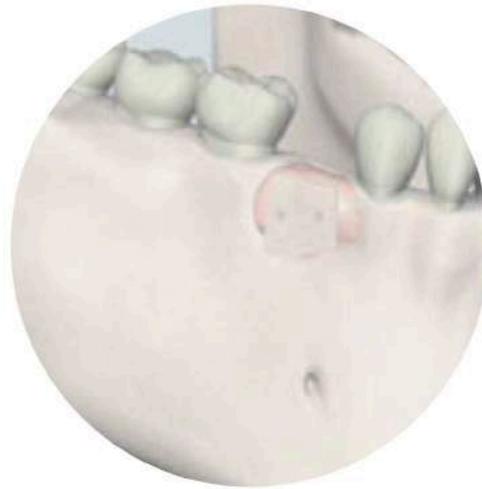
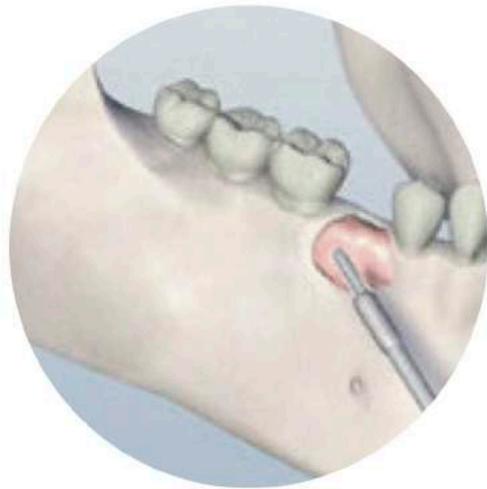
This can lengthen your treatment time and requires a slightly larger investment amount due to the additional time and procedure needed, but the long term benefits of the new bone and implant will be well worth it.

If you only need a small amount of bone, guided bone regeneration can be used. This involves the use of a membrane as a barrier, and a bone graft material. The barrier and bone graft material prevent other cells from growing in and enable bone cells to form bone around the implant. This technique may be used with an implant, a bone graft, or by itself. The bone graft material comes in a sterile vial, and eventually resorbs and is replaced by your own body tissue.

Your implant surgeon will give you more information about this.



Bone grafting



Bone grafting was used for this patient to increase the amount of bone, which meant an implant could be placed in an area where they did not have enough bone to do so initially. The grafting meant that the patient could have a nice looking tooth in the correct position, which would have otherwise been impossible.

Our Implant Surgeons



Dr Martin Wanendeya

Martin's greatest satisfaction comes from helping patients see what it's possible to achieve, and working with them to ensure the best possible result. As well as carrying out his own surgical work, Martin tutors and trains other dentists. He is currently a tutor at the Royal College of Surgeons and teaches all aspects of implantology. In addition to this, he is a mentor for the Association of Dental Implantology and teaches on the Implant Restoration Course.



Dr Abhishek Agarwal

Dr Agarwal qualified as a dentist in 2006 and has a special interest in oral surgery, conscious sedation and dental implants. He is committed to life long learning and has completed the Diploma in Implant Dentistry from the Royal College of Surgeons of England. This qualification is considered to be the gold standard in postgraduate dental implant training in the UK. He is also a member of the Association of Dental Implantology (ADI) and the British Dental Association (BDA).



Dr Nik Sisodia

For Nik, the single most valuable tool in clinical diagnosis is the simple act of listening to the patient. His approach to treatment is based on this philosophy. Alongside his own implant practice, Nik is a mentor for the Association of Dental Implantology, a study club director for the International Team in Implantology, and teaches on the Implant Restoration Course. He is also a key opinion leader for Dentsply Implants, assisting them in testing the viability and efficacy of their new products.

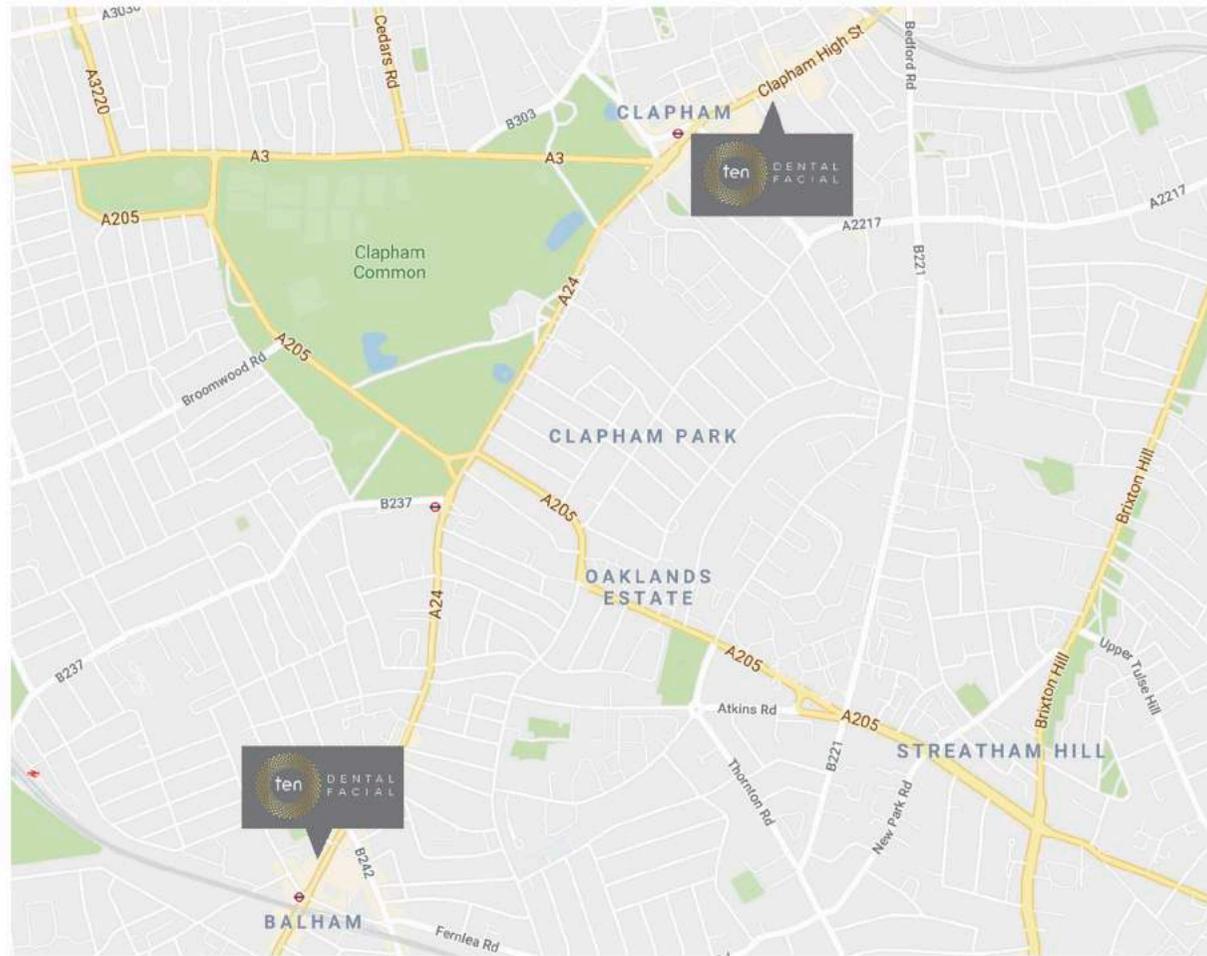
What our patients say

"When I first came to see Dr Martin Wanendeya a year and a half ago, I had problems with chewing food because of the big gaps on both sides of my jaw. Not infrequently I had toothaches in my only tooth I used for chewing. Now with the new implants I can eat normally with both sides of my mouth, and I don't suffer from toothaches anymore. Martin's professional skills and patient care are excellent. I am particularly impressed by his careful approach in all his operations. He takes time to ensure than only the best done, and all the time I am made aware what is being done to me. I have never felt any pains in all the operations. The staff at Ten Dental are very friendly and helpful. Making appointments to fit in my busy diaries have never been a problem. The excellent service is worth every penny I've paid for."

- James

"Nik is the best, it's difficult to say exactly how patient he is. Nothing, but nothing, is too much trouble. He talked through every procedure so you know exactly what's ahead of you ... Throughout the whole of the procedure he gives you all the time in the world and everything is explained. It's liberating - this has changed my life!"

- Patricia



We always offer a free consultation if you are considering dental implants. Call us on 0208 023 8561 to book.

We have practices in Clapham and Balham and offer evening and weekend appointments.

© Ten Dental+Facial

hello@tendental.com | www.tenimplantcentre.com

Implants and components from Ankylos C/X (Dentsply Implants, GmbH, Mannheim, Germany)

