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Look 20 years younger with a **mouth makeover**

RUPERT SWORD reports

A great smile says it all. It is one of the very first things people notice. Just as yellowing, chipped, uneven teeth, ill-fitting dentures are the greatest turnoff.

Who feels great about themselves without a good smile? Who feels confident when they aren't even open their mouth?

But despite growing evidence implicating gum disease in a number of the diseases of ageing such as cardiovascular disease, as many as nine out of ten adults have some degree of gum disease, say experts. And one in seven go on to lose all their teeth before the age of 50.

So what can you do if you have reached this unfortunate state or if you have suffered dental trauma as a result of an accident? Dental implants are one way of replacing missing teeth or for a complete mouth makeover if all teeth are lost. The way they are mounted onto posts and inserted into the jaw during surgery means that they look and feel just like

ordinary teeth. A full set of natural looking teeth brings back confidence and help support the face making you look instantly younger. This procedure which may require bone grafting and other highly complex and skilled dental surgery procedures is expensive but gives you a transformation which should last for life.

Here one of the UK's leading dental surgeons Dr Raj Parkash and Peter Socho, a master dental technician, of the Harley Dental & Implant Centre in London answer the essential questions about this transforming treatment.

1. What is a Dental Implant?

A dental implant is an artificial tooth root made of titanium. It is placed in the position where the missing tooth used to be in the jaw bone and acts as an anchor for a new tooth or teeth. They behave like tooth roots by bonding to the underlying jaw bone. Some months after placement,

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VioClean zaps 99.9% of brush germs

Its compact handy size makes this new VioClean UV Toothbrush Steriliser the perfect travel companion for your toothbrush – keeping it clean and sterile while you are on the move!

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And, worst of all your hotel bathroom is probably the worst source of contamination – with each flush of the toilet 750,000 germs are sprayed into the air landing on every surface, a disgusting prospect, if your toothbrush is in the same room!

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The UV lamp is automatically activated when the lid is securely closed and switches off when sterilisation is complete.

Research has shown that oral health is essential to our general health and well-being and – even without the toilet 'aerosol' effect – our toothbrushes are a hot-bed of germs and bacteria. Every time you brush, plaque and particles pollute your toothbrush. Think bacteria, blood, saliva and oral debris, all of which contaminate and are then passed straight back to you the next time you brush.

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The smile says it all

titanium posts called abutments are connected to the implant to allow support for the replacement tooth or teeth. They should only be placed in a healthy mouth so other remedial treatment may be required.

2. What are the benefits of Dental Implants?

Teeth may be lost due to gum disease, injury such as a traumatic accident, previous surgery or failure of old dental treatment. If teeth are lost, implants placed in their place can help to arrest the inevitable gum and bone loss that occurs due to disuse of the residual jaw bone.

Loss of the jaw bone can make people look older than they really are. Implants will help prevent these changes. If single teeth or group of teeth are missing, implants can help replace these missing teeth without having to prepare and grind down the neighbouring teeth thereby preserving natural teeth and maintaining their life.

Patients who wear removable partial dentures can have these replaced by fixed teeth using dental implants. This enables a better quality of life, confidence to smile and speak as well as an improved ability to eat a much wider range of foods. It's like having your natural teeth back again!

3. Are Dental Implants safe?

Implants are made from titanium or titanium alloys and these are materials that have been thoroughly tested for many years to be inert and are easily accepted by the tissues of the body.

There is no scientific evidence to suggest that titanium dental implants are not safe in any way. There are always risks associated with surgery rather than the implants and these should be discussed with the implant surgeon prior to implant placement.



Dr Barmans Superbrush

The unique configuration cleans all three surfaces of the teeth at the same time and the makers claim its better than an electric brush.

The soft outer bristles are angled to gently clean along the gum margin while the inner bristles clean and polish the tooth surface.

Available in three sizes to suit all age groups. This product is also appreciated by patients with limited manual dexterity and home carers. Costs \$5.85 (£2.99, €4.43) Available at www.dentocare.co.uk, and by Freephone mail order 0800 980 1517.

Halita Fresh Breath Spray

Fresh breath protection—wherever you are! This pocket sized fresh breath spray formula is scientifically proven to control both chronic halitosis and temporary malodour (often caused by food and drink, hormones, tobacco and morning breath). The antibacterial formula containing 0.05% Chlorhexidine, 0.05% Cetylpyridinium Chloride and 0.14% Zinc, neutralises and eliminates odours and bacteria in the oral cavity. A miniature pull-out leaflet attached to each 15ml bottle, provides information on bad breath and the benefits of a thorough oral hygiene regime. Each bottle contains around 200 shots. 2-3 shots of Halita spray can be used 3-4 times over 24 hours when you are away from home. Costs \$9.70 (£4.95, €7.34). Available internationally at www.dentocare.co.uk, and by Freephone mail order from UK 0800 980 1517.

4. What is the success rate of Dental Implants?

With the rapid advances in implant dentistry, dental implants can be expected to function indefinitely. However, like any dental restoration, there is wear and tear associated with constant use and these restorations supported by implants will need to be repaired or replaced from time to time. It is generally well accepted that late problems with the implants themselves are due to changes in the health of the patient which may result in implant loss.

5. Does it hurt to have dental implants placed?

Placing an implant is a very gentle procedure and is usually done with local anaesthetic, much like when having a filling. After implant placement most patients experience minor discomfort after the anaesthesia has worn off and this is usually controlled by simple painkillers. The level of discomfort is quite different from patient to patient, but most patients do not have significant problems. Some patients do have varying degrees of discomfort which may last for several days. Very occasionally there may be some swelling around the site.

6. How long will the treatment take?

This depends on the density of bone into which the implants are placed. Generally we wait 3-4 months for implants placed in the lower jaw and 4-6 months in the upper jaw due to the difference in bone densities. During this healing time, OSSEOINTEGRATION takes place. This is the process whereby the bone fuses with the titanium implant which is placed into it hence anchoring it firmly. After this time, posts are connected to the implants and temporary teeth are constructed. These are usually left for 4-6 weeks to allow the gum to mature and form a natural contour. The final teeth can then be made and fitted. Treatment in most cases where there is no grafting is usually completed in 6-9 months.

7. Do I have to go without my teeth while the implants are osseointegrating?

Our protocol is to progress our patients to fixed provisional teeth as soon as possible, usually before the implants are placed. Thus these provisional teeth then act as the temporary teeth whilst healing is taking place and therefore patients leave the practice on the day of the implants being placed with their teeth in place. In patients wearing dentures, the old dentures can be usually be modified around the newly placed implants and patients leave the office wearing their teeth the day the implants are placed. Every patient and procedure is evaluated separately and there might occasionally be a recommendation that a patient go without their dentures for a short period of time but this is very rare in our practice.

8. Am I a candidate for Dental Implants?

Anyone who is in good health and has teeth missing is a suitable candidate for implant therapy. Age is not a limitation to implant treatment except that under 18s are not usually treated due to growth considerations. Patients with underlying medical conditions need to undergo a thorough medical examination with special attention paid to patients with conditions that affect the healing of bone and soft tissues. There must be enough bone present to provide suitable anchorage for the implants. The implant surgeon can determine your suitability when he examines your mouth including X-rays.

9. Whats the cost of Dental Implants?

Modern dental implantology is an exacting field where there are many considerations to be made. The cost reflects the level of skill and training required in order to carry out such complex reconstructions. A single tooth at the front of the mouth is probably the most complex case requiring high levels of skill and ability to create a natural result and this must be reflected in the final cost to the patient. It must be borne in mind that dental implantology is akin to hip and knee replacement and thus the skills required to carry this out are reflected in the costs.

10. Why have Dental Implants become so popular?

If there is insufficient bone for the placement of dental implants, it becomes necessary to create the bone in this area prior to placing implants. This procedure of building up the bone is known as Bone Grafting. Bone grafting is a very common procedure in dentistry and it is used commonly for dental implants and in periodontal procedures around natural teeth.

**Contact information: The Harley Dental Implants and Cosmetic Centre, 111 Harley Street, London W1. www.implants-dentist.com
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Dr Raj Parkash



Peter Socho

Harley Dental Implant and Cosmetic Centre

Case Study: Diana – Implants

Diana came to the Centre having been referred by her dentist following an accident in which she fell off her bicycle and hit her face and her upper front teeth.



The front teeth were then treated with root canal therapy but were still painful as the damage underneath was not repairable.

When all the diagnostics were carried out she was told that she would have to lose her three front teeth. Diana was devastated by this news as she is only 38 years old. She was offered a denture, the thought of which she found abhorrent as she did not want anything removable in her mouth.

We discussed the possibility of replacing the three front teeth with fixed implants and this appealed to her immediately as it would mean that she could be returned back to her natural state before she had the accident.

Because Diana worked in the public eye dealing with customers and clients, she did not want to have her teeth extracted and then to have to wait for further treatment or to wear a plate any time during her treatment.



Her treatment was then planned so that the day that she had the teeth removed, she would have some implants placed and then have new teeth fitted at the same time. This fitted into Diana's busy lifestyle and she could carry on with her day to day life with minimal disruption.



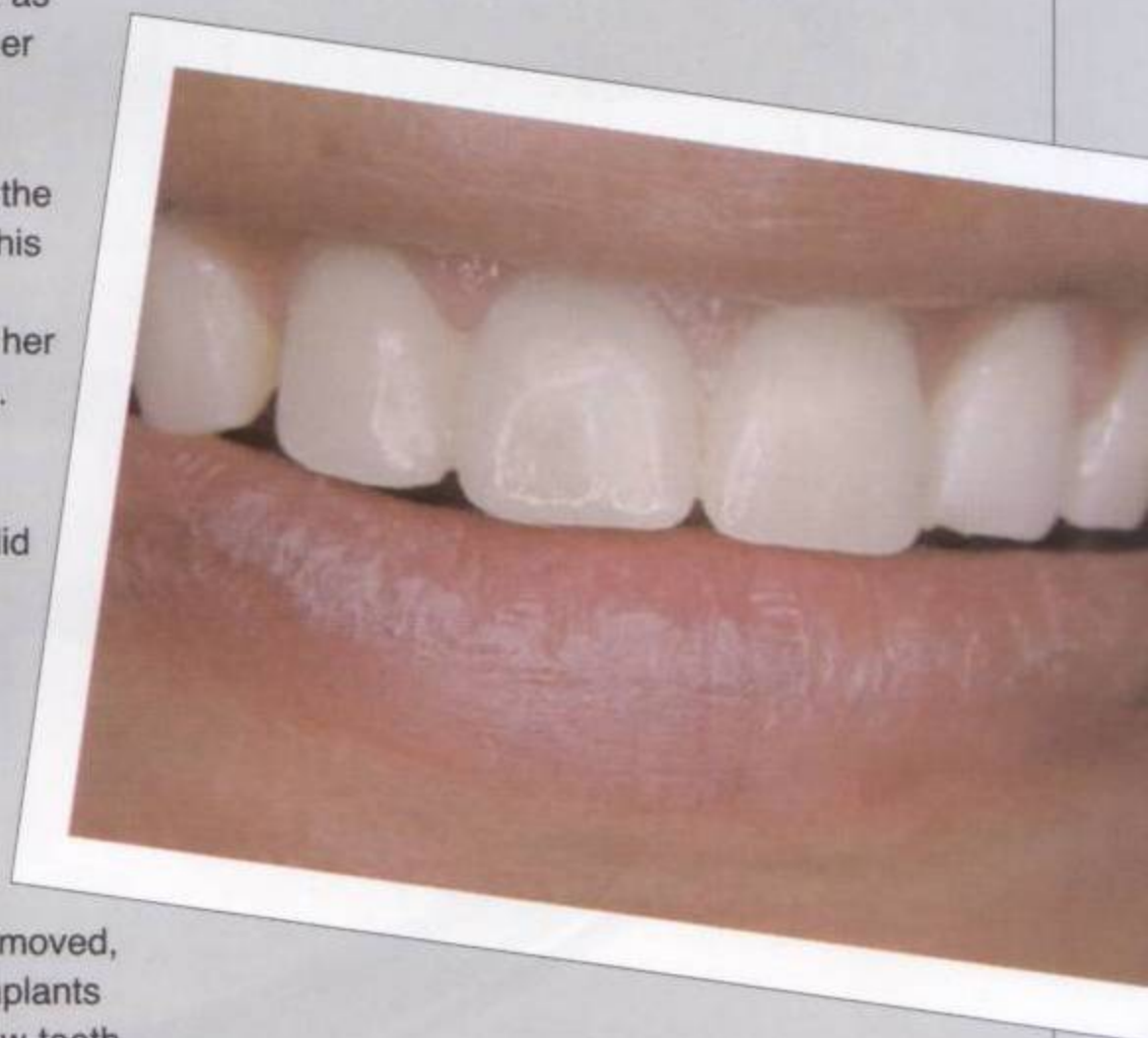
The implants were placed under local anaesthetic and sedation. Diana was made comfortable during the procedure. Afterwards, she was sent home with fixed temporary restorations

supported by the new implants. This enabled her to have a light meal about 3 hours after we had completed the surgery.

After 3 months, the gum had healed and the implants were integrated into the jaw, the final smile reconstruction was carried out.

The implants are seamless with the rest of the mouth. The results were astounding given the level of deterioration that had taken place after the initial accident. Diana was thus returned back to the original state before the accident had happened and was thrilled with the results.

She can now bite an apple again.



The proof's in the eating. Diana can bite an apple again without worrying