

## Implants – what to expect at your first consultation

If you feel embarrassed or uncomfortable about gaps, missing teeth, dentures that are loose or unexpectedly drop down or you are unable to chew properly, yet you feel you deserve the best today's modern restorative dentistry can provide, dental implants may be the solution. Whether you have lost all your teeth, a few of them, or even just one tooth, dental implants should be considered as an option for your oral rehabilitation program.

The consultation will clarify what type of treatment you require. This document will set out some of the issues for you to consider prior to your consultation, and to make sure you have all the information available at hand, so that the appointment is productive.

Your dentist will also need to check to see how much bone you have in the potential implant site, and whether there is enough space for an implant (ie the adjacent teeth roots will need to be away from the implant site). A special type of full jaw xray called an OPG will be of assistance in assessing this. The xray will also show the location of your sinuses, which can also have an impact on placement of implants.

Again there are options if you don't have enough bone at the moment, as it is possible to grow or even graft bone from elsewhere in the mouth, to increase the chances of a successful implant (known as bone grafting or bone augmentation). There are also a possibility of an additional surgery for people with sinuses that may normally preclude having implants in the upper jaw (known as sinus lifting).

However some people may not be suitable for this procedure. Smokers present a high risk to implant success, as do people with gum issues and existing mobile teeth. Also conditions such as alcoholism, some psychiatric disorders and uncontrolled diabetes can cause problems. These conditions do not mean that implants are out of the questions, it just means that we will need to explore with you a range of issues, and see if together we can develop a strategy that will lead toward increasing your rate of success.

Implants are a wonderful technical innovation which can restore your smile, and improve your oral function. However they are not a quick fix – and careful planning is required to give the best possible success for your new dental implant. Typically the process will involve 5 to 7 appointments in all, over a 4 to 7 month period – depending on your particular case. Note that Implants are a major procedure, and there are very limited cases where "immediate" implants would be suggested or possible.

Here are some questions that we may ask you at your consultation.

- \* Are you concerned about your smile?
- \* When and why did you lose your tooth/teeth?
- \* How many missing teeth do you have?
- \* Where are they located?
- \* Why did you lose them?
- \* Are there any medical issues you have?
- \* Have you had any serious illness or hospitalization in the past?
- \* What medications are you taking now (or have taken in the past)?
- \* Do you have any other surgery planned?
- \* How often do you brush and floss?
- \* Are you concerned about maintaining good health and nutrition?
- \* Do you grind your teeth?
- \* What are your stress levels like?
- \* What are your expectations for the procedure?

### What you will need to prepare to bring to your consultation

1. Your completed New Patient form – which includes the following information:-
  - \* Medication list (details of all medications that you take regularly, incl name and doseage)
  - \* Medical history (details of any major and minor illnesses, and periods of hospitalisation)This is available for download on our "first appointment" page – or will be posted to you when you call to make your appointment.
2. OPG Xray (we will include a referral to have an OPG taken at one of our approved centres – other xray centres cannot be accepted).
3. If your claim is related to a work injury, your file number (and any other papers from your insurance provider).
4. If you are with a health fund, please know the name of your level of cover (if not printed on your card). Health fund members within a 12 month waiting period, please check the date that you will complete the waiting period.
5. A partner or close friend may be good to bring along as an extra pair of ears. There is a lot of information to be discussed, and having someone with you can help process the information afterwards.

So pick up the phone and give us a call to make an appointment to see Dr Adam Mattsson or Dr Kris Rajan, to discuss if implants are right for you.

# Hampstead Dental

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