

A close-up photograph of a single, ripe red apple. The apple's surface is covered in numerous small, clear water droplets of varying sizes, giving it a fresh and glistening appearance. The apple has a short, brown stem at the top. The background is a plain, light color, and the surface the apple sits on is also wet with scattered droplets. The text "tempting...?" is written in a black, sans-serif font across the lower-middle part of the apple.

tempting...?



...don't be afraid any more...



Well-being and vitality are elementary preconditions for a person's quality of life up until old age. Unfortunately, getting older cannot be avoided but health-conscious living can slow down the aging process. Your personal eating habits and diet contribute considerably to achieving this goal.

When you get older, eating and drinking are particularly important! Those who eat in a healthy way will be able to enjoy life to the fullest when they become older since they will stay healthier, more active and hence happier!

Nutrition

Frequently it is not easy to follow a well-balanced diet. The appetite decreases and you don't feel like eating. Maybe you are also one of those people who have problems to chew owing to their „third teeth“. As a result some persons cannot eat meat, fresh salads or other nutritious food so that sufficient quantities of necessary nutrients are no longer supplied to the body. This involves a hazard to the health since a well-balanced diet provides the body with sufficient quantities of essential vitamins and minerals. If this is not ensured, you may become sick or lose your fitness.

Activities

Being active and old are not contradictory - on the contrary: today being physically and mentally fit is no longer a privilege of young people. The older generation catches up with the younger one at a rapid pace. Accordingly, a wide and multifaceted range of activities is being offered.

Whether sports activities, time for creativity or social commitment are concerned - you find time for things you have been interested in for a long time.

Maintain your vitality and joie de vivre as long as possible. The basis to achieve this is created by a healthy diet and way of eating - also with your „third teeth“.





Self-confidence

A self-confident smile shows everybody that you are a natural, friendly and happy person. But you also notice that your smile leads to enhanced well-being.

Safely fixed and aesthetically appealing „third teeth“ offer you the self-confidence to play an active part in social life and you will face every challenge with a smile.



Joie de vivre

Play an active part in social life, spend quality time with your friends and people you know and enjoy the second half of your life with no regrets.

Those who want to speak, eat and laugh without any worries need to rely on their teeth. Smiling is much easier if you have fixed and appealing teeth; functional and appealing teeth ensure reliability in every situation and are a symbol of health, vitality and joie de vivre.



Health

Life is a never-ending process of changes. Getting older is part of life and becomes apparent with laugh lines and attractive grey hair. But also respiration, digestion, immune system, sensory organs, sleeping habits and numerous other functions of the human organism will be going through changes.

Your dental health is an important factor in this process. Healthy teeth reduce the risk of cardiovascular diseases or diabetes. The resulting increased self-confidence will improve your personal health.

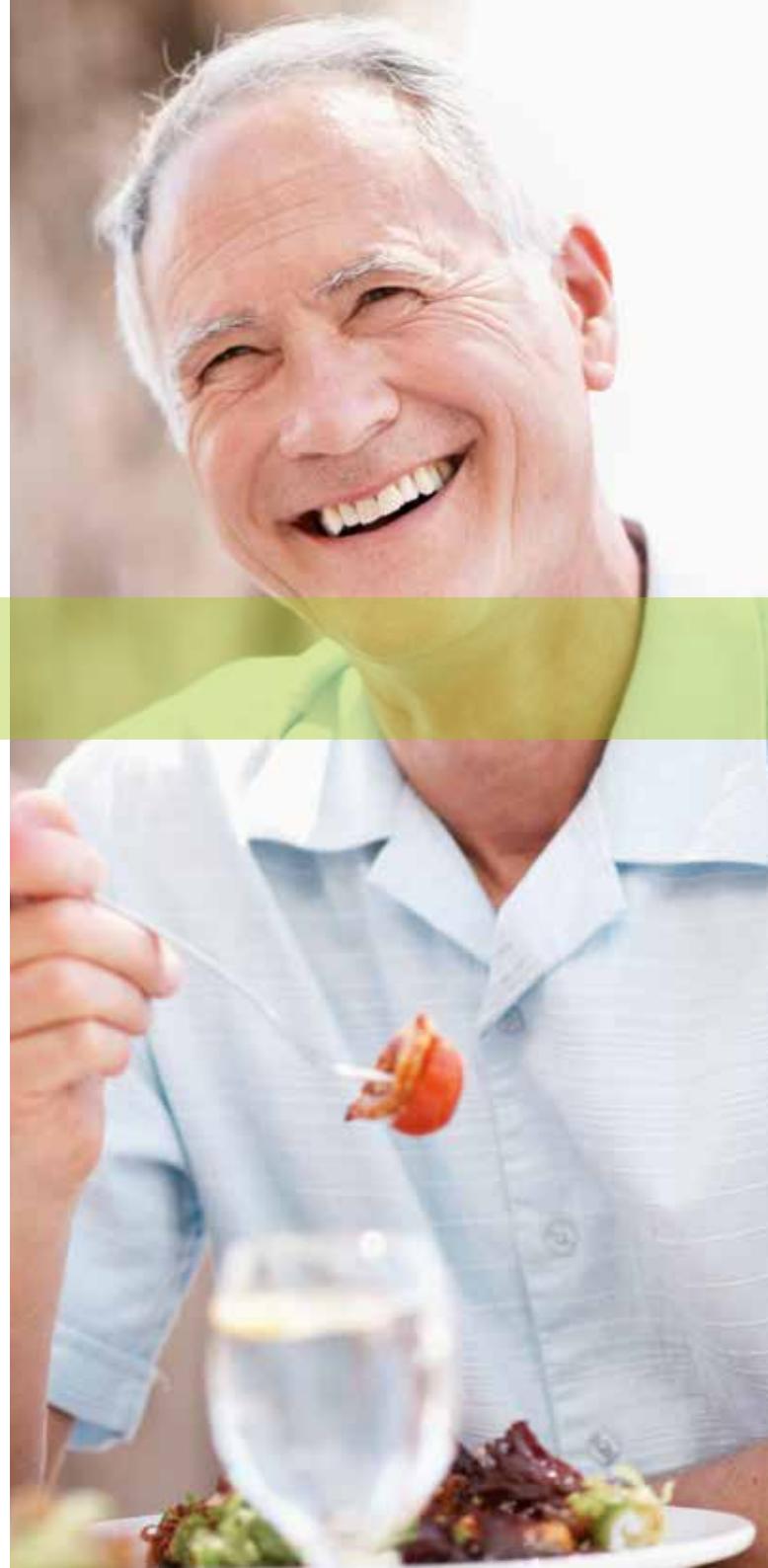
Take the responsibility for your own health to be able to enjoy the second half of your life to the fullest and to overcome any discomfort in a better way.

Those who are not satisfied with their “third teeth” and feel insecure will withdraw from their activities and become isolated. It is rather unimportant whether such behaviour leads to isolation in professional or social life. The crucial aspect is the process which is behind the isolation.

Integration

It is a slow and subtle process which can hardly be stopped since the people around such persons do not know how to react and what to do and, above all, what the reasons for such withdrawal could be.

Enjoy life to the fullest again! It is never too late to live up to all the pleasures life has in store for you.

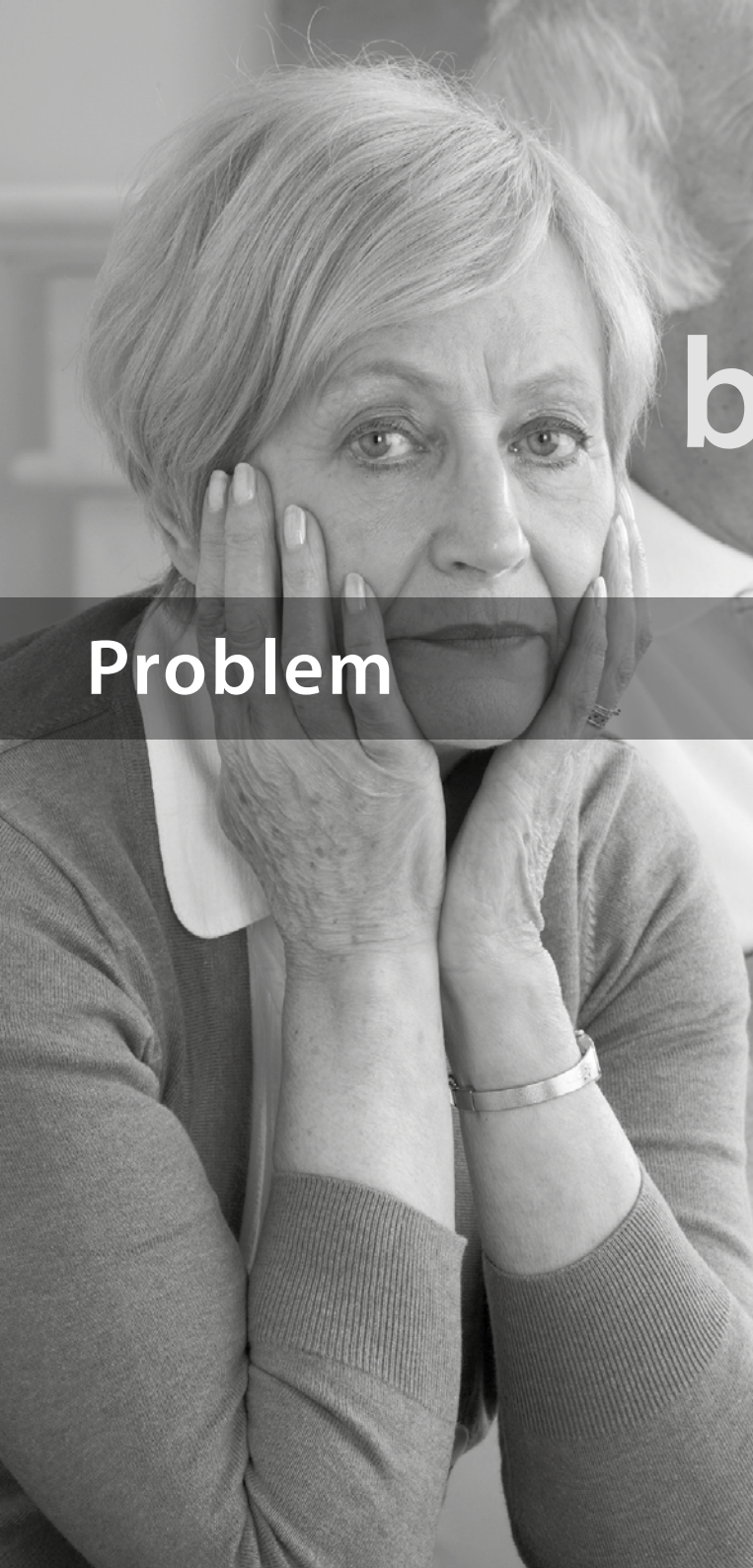




...don't be afraid any more...



...and enjoy!



b before

Problem

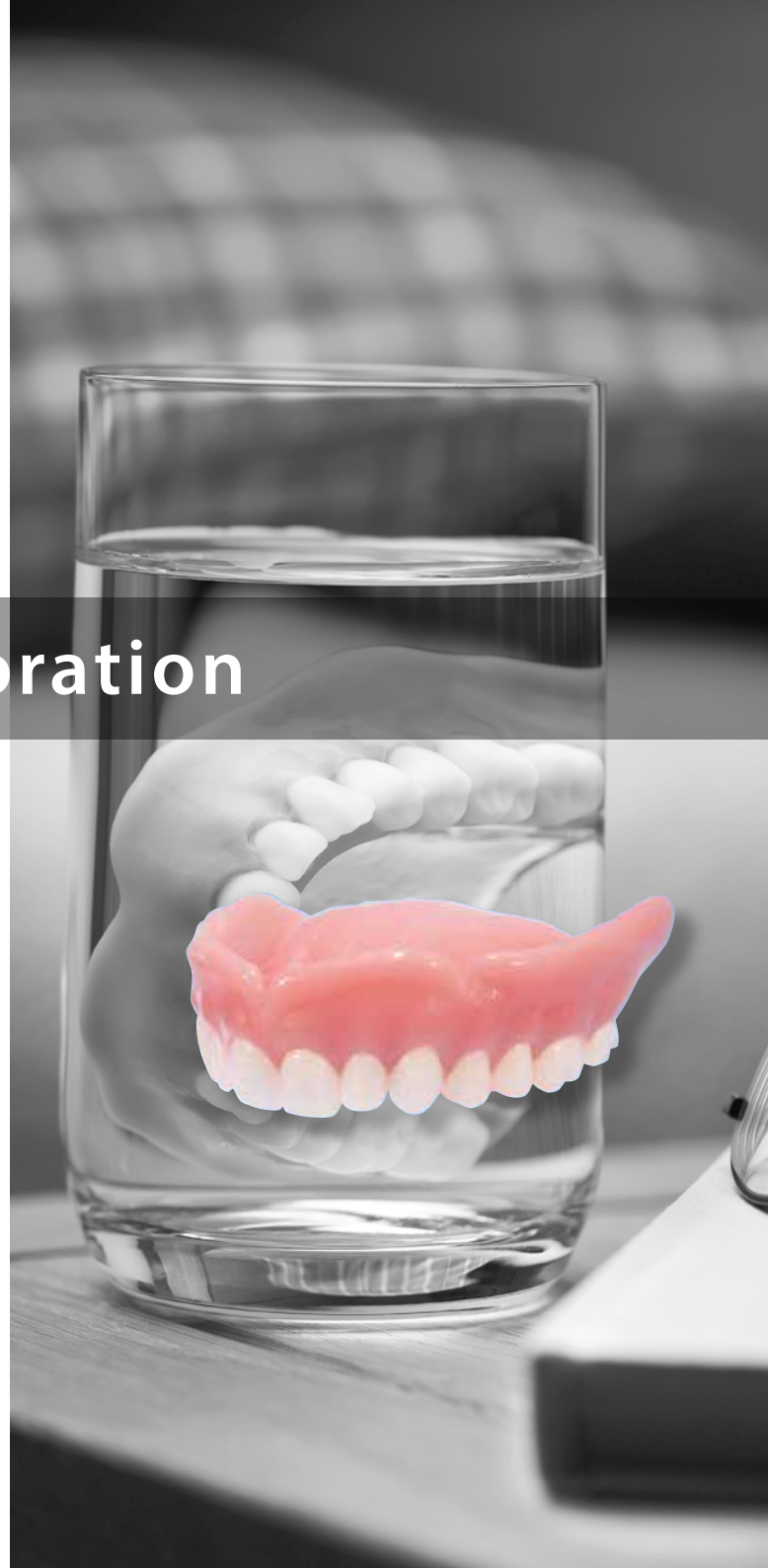
Two years ago my dentist told me that he would have to extract the last two teeth in my lower jaw. They were so loose that they could not be preserved any longer.

I begged my dentist to save my remaining teeth. I desperately wanted to continue singing in the church choir without the fear of my denture falling out while I was singing. The mere thought of using denture cream sent shivers down my spine.

Conventional restoration

Once I was told that he would have to extract my last teeth, I was facing toothlessness.

In the past, initially the gaps in my dentition were closed with bridges. The teeth used as abutments were gradually lost due to excessive stress and caries below the bridge so that I was left with a clasp denture which made eating quite difficult for me. Owing to this clasp denture my remaining teeth became loose so that they had to be extracted. Moreover my jaw bone had in numerous sections resorbed.




Implantation




When my dentist told me that it is possible to use implants to fabricate a fixed restoration, I almost jumped for joy. Based on the example of a tree he explained the function of implants to me: the implant is the root which is anchored in the jaw bone to fix the denture. An abutment is screwed into the implant to support the crown. Applied to the example of a tree it means that the stem forms the abutment and supports the treetop.

Compared to conventional restorations, not only the stem and the top but also the root is replaced when using implants to provide the following advantage: Similar to a root of a tree that holds the fertile ground, the implant stabilizes the jaw bone and protects it against resorption.



In my case, it was even possible to use a new surgical method in which the two rear implants are placed at an angled position to fabricate an immediate restoration.

Immediate restoration



As a result, the bridge is already screwed on the implants just a few hours after surgery. Perfect biomechanical support of the restoration is achieved through the inclined implants and both implants are stabilized by the screwed bridge and therefore the immediate restoration is enabled.

When I left the practice, I was wearing a fixed restoration. I was immediately able to laugh and eat and, above all, sing full-heartedly. At first my friends did not notice anything. Only after I told them that I was wearing a restoration, they became aware of it.





Treatment steps

Step 1

At first I had a thorough examination. The height and width of the jaw bone were determined through an X-ray to ensure whether implant placement was possible at all.

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Step 2

On the day of surgery I went into the practice and was prepared for the procedure. I personally preferred full anesthesia. Frequently it is possible to have local anesthesia for this type of surgery. When I woke up an hour later in the recovery room, the implants had already been placed into my mouth. While the effects of the anesthesia were lessening, the bridge was already being produced and integrated into my mouth two hours later.

Then I was able to leave the practice.

One week later I went to the practice for the check-up and to have my sutures removed and was able to leave 15 minutes later.

Step 3

After three months the definitive restoration was prepared. At first an impression was taken. Two weeks later the ceramic restoration I had selected was inserted.

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A blue-toned background image featuring a dynamic water splash with several droplets frozen in mid-air, creating a sense of movement and freshness.

Care of the implants

During the first days, I strictly abided by the dentist's instructions and ate no solid foods.

After my sutures were removed, I began eating solid foods. After approximately 8 weeks I ate normal again - even better than before the surgery - almost as good as with my natural teeth.

Due to minor swelling, cleaning immediately after the surgery was slightly difficult and painful. After a few days, when the swelling decreased, I was able to clean my bridge using interdental brushes and superfloss without any problems. I stuck with this routine even after the definitive bridge was inserted.

Twice a year I have my teeth professionally cleaned also in those areas I can't reach. Moreover the patient assistant explains to me how I can clean my teeth in a better way. At the same time I have a short check-up to recognize any upcoming potential problems at an early stage.

after



When I compare my situation before the implantation with that after implant placement, I can state the following facts:

- I feel ten years younger.
- My partner and my friends tell me I look much better.
- My diet is much healthier again because I am able to eat more raw food, meat and salad.
- My general state of health has enormously improved thanks to the healthier diet.

What is the price of implant treatment?

My entire implant treatment was the price of a compact car. After the positive experience I had gained with the temporary bridge, I selected a high-quality ceramic bridge for the definitive restoration. My dentist clearly explained the various options and the resulting costs. I was able to express my own wishes and have my demands fulfilled. Just when buying a car, I was able to choose between the standard version and the comfort and luxury version.

Frequently asked questions

Is implant treatment painful?

I had no problems since the new surgical technique did not require any additional complex surgery. As the implantologist told me, I cooled the oral area very well after surgery. To sum up I can say that the pain after surgery was less than after the removal of my wisdom teeth.

Can rejection reactions occur?

As my dentist explained to me, the implants are made from high-quality titanium in a complex, high-precision process, packaged under clean room conditions and sterilized subsequently. The usage has been proven a million times over. Scientific magazines report very few cases of problems with hypoallergenic patients.

How can an implant be lost?

My dentist explained to me that an implant can be lost due to inflammation or fractures of the prosthetic restoration. Inflammation can be best avoided through thorough personal hygiene according to the instructions of the oral hygienist and regular professional tooth cleaning. While chewing and cleaning, I make sure that the prosthetic restoration fits perfectly. If I notice that something is wrong, I always go to my dentist right away so he can check the restoration. One time he had to tighten a screw which had become loose; this way major damage was avoided.



FAQ

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FAQ

What happens if an implant is lost?

In such cases there is hardly any difference to an extraction of a natural tooth. Normally, a new implant can be placed at the same location already after six weeks. The manufacturer of my implants even offers a free new implant in such cases.




...and enjoy!



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Stamp of practice



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