# ...gapless...

# Causes

### An accident can happen quickly ...

...you overlook a root during mountain biking ...a rock is in the way during rollerblading ...you fall and break a tooth.

I had an accident playing ice hockey. I wasn't watching out for a second and caught a stick in my face, knocking out my tooth. I was told that there were many causes for the loss of individual teeth:

- Sports injuries
- Traffic accidents
- Accidents within the household
- Work accidents
- School accidents

As a successful entrepreneur I take care of myself, my health and my appearance. This includes nice teeth. As well as brushing them I use dental floss and have them regularly cleaned at the dentist.

This is why I was quite shocked when the dentist told me after my accident that he had to remove the root and that I would be left with a gap courage to show a gap?

Whether one loses one or several teeth, a smile with a gap just isn't that nice.

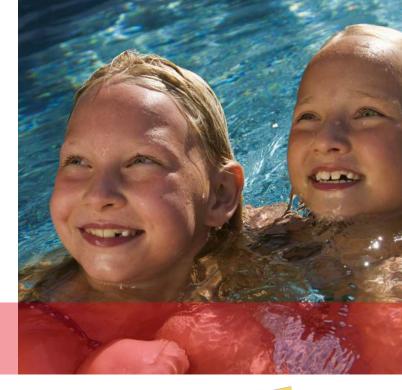
First aid in case of a tooth-accident
Stay calm!
The tooth can be either knocked out or pushed into the jawbone.
First inspect the mouth to check for the first inspect the mouth to check of ution. There is a risk of swallowing it and utiotocating!
Found the tooth? Don't touch the root under any circumstances!
Keep the tooth moist and sterile - use a tooth alternatively: use plastic wrap, homogenise and into risotonic saline solution!
Visit the dentist immediately!



### Lost a tooth - what now?

Courage to show a gap is out of the question for me. Especially since my dentist explained what can happen: teeth provide each other with stability and impulses. If one is missing the neighbouring teeth lose their support and slowly fall over.

Simultaneously the opposite tooth grows at the other jaw as it has lost its important chewing impulse and its resistance. The overall balance of power within the mouth is lost.



### Sure - doing nothing would be the cheapest way!

But is it also the healthiest? My dentist explained the alternatives.

The options are a conventional bridge, a bracket prosthesis or an implant.

**Missing teeth** What looks cute and natural in children may have health-consequences • pain in the jaw joints in adults: headaches chronic tension back pain • ringing in the ears • problems speaking



### **Conventional bridge**

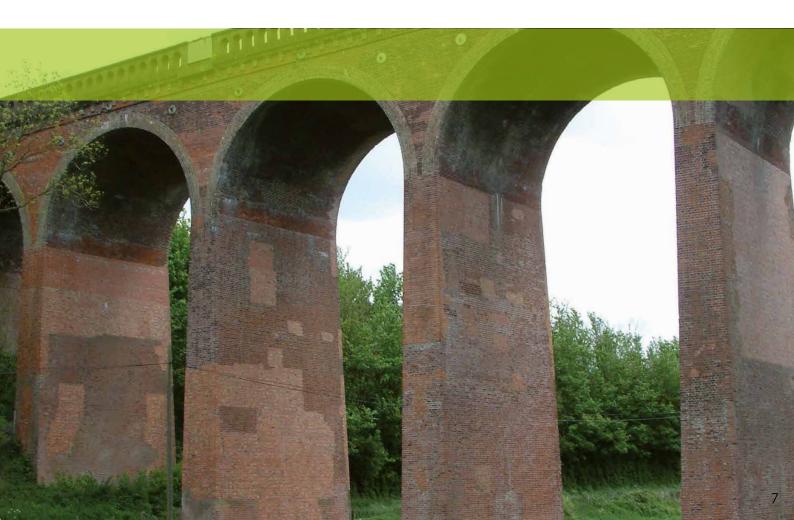
My dentist used the example of a row of trees to explain the significance of a conventional bridge for the rest of the teeth.

If one of these trees is removed, it creates a hole in the soil as well as a gap in the visual protection. In order to close them, firstly the crowns of the neighbouring trees are removed in case of the conventional bridge. Subsequently, artificial tree crowns are fixed onto the trunks carrying the crown of the centre tree which no longer exists.

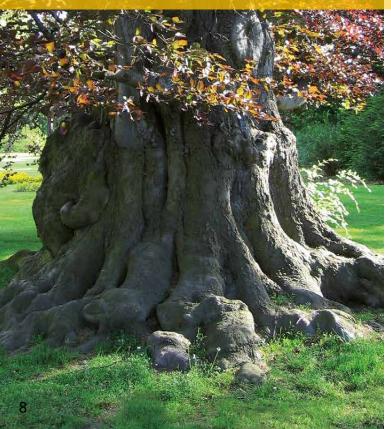
This results in the trunks being weakened by the intervention. However, they also have to carry the weight of the crown from the third tree. This always

creates the risk that they die relatively quickly and will also have to be removed.

Also the soil under the centre crown is no longer protected and fixed by the own roots, exposing it to wind and rain and getting washed away. The same happens in the mouth. Healthy teeth are ground down for a conventional bridge. In the long term they can also be overburdened and fall out sooner. As the bone no longer receives functional impulses, it will slowly break down under the crown - just like the muscles in a broken arm.







In the case of implants an artificial root is positioned initially. It later carries the post and the crown. A small hole is drilled into the jawbone and the implant is screwed in place. Due to the rough surface of the implant it fuses with the bone within a few weeks. Through the implant the bone continues to receive its functional impulses and lasts longer.

That sounds a lot better than teeth withering under a bridge. That is why I decided in favour of an implant.

In my case the implant was fixed firmly enough into the bone allowing me to wear a temporary plastic crown immediately. This had the advantage that the gums were able to orient itself on the crown during the healing and formed naturally. Implants instead of a bridge on ground teeth • no grinding down of healthy teeth • preserving the bone • preserving the gums

This is why I did not need a surgery for the second time. The implant is fixed into the bone and covered with gum only if an immediate crown is not possible. The gap is temporarily closed with a small bridge glued to the adjacent teeth.

After about three months the dentist exposes the implant with a little cut and screws a small, gum-shaping titanium post into it. The final crown is finished after 14 days and is then affixed.

When I laugh nobody notices that the row is closed with an implant instead of a natural tooth.

## Step 1

An x-ray examination is generally necessary to assess the quality of the jaw and the bone. If this is OK, the implantation can go ahead.

### Step 2

The operation is performed under local anaesthetic. In my case it took about 30 minutes. I went into the recovery room and cooled my face with a compress for a little while to keep the swelling to a minimum. I was able to leave the surgery after about an hour. I did not even have to use the painkillers, which the dentist gave me as a precaution - because it really did not hurt. In other cases it may come to slight swelling and bruising, which will disappear again in a few days.



### Step 3

Next day I was already able to eat and drink normally and there was almost no trace of the surgery. About one week later the stitches were removed and the implant examined.

Since the temporary crown looked great and I managed well, I allowed six months to pass before I had the final crown made. Now everything is finished and I hardly notice any difference compared with my lost tooth.

### Step 4

The implant does not just look like my own tooth; it can be cleaned and looked after just as easily. Just like before I use the same toothbrush and toothpaste; and using dental floss was always second nature to me.

With implants it is particularly important to look after the gaps between the teeth. That is why I continue to have my teeth professionally cleaned on a regular basis.



## Opportunities



### A beaming smile opens hearts and doors

I feel like myself again with the implant. People who don't know about my ice hockey incident cannot see any difference. The tooth looks just like my own and also the gums look like they did before.

I am more than happy. I can feel confident again. And I can rely on my teeth for the rest of my life. If ever something is not quite right a new implant can be inserted.

- Opposite tooth and adjacen find pressure and support
  Chewing just like before
  Great durability
- Easy care
- Opposite tooth and adjacent teeth
- Aesthetics: beautiful teeth and a • Mouth hygiene just like for own teeth

Your advantages at a glance

How much does an implant treatment cost?

The single implant was quite affordable. My dentist explained to me the various options and the related costs. I was able to express requests regarding the material and the treatment.

# Questions, questions, questions

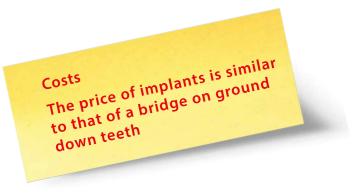


Is an implant treatment painful?

I experienced no problems, as no further extensive operations were necessary due to the new surgical technology. As recommended by the surgeon I cooled my mouth area after the operation. All in all I can say that the pain after the operation was less than after the removal of my wisdom teeth.

### Can there be rejection reactions?

My dentist explained that the tooth implants are made from high quality titanium in an elaborate process under utmost precision, packaged under clean-room conditions and subsequently sterilised. It is a method tried and proven a million times.



#### How can an implant get lost?

My dentist explained to me that an implant can be lost through an infection or breaking of the prosthetic crown. Infections are best prevented by thorough cleaning at home and regular prophylaxis at the dental practice. When I chew and during cleaning I make sure that the prosthetic crown sits tight and that nothing wobbles. If I notice that something is not quite right I visit my dentist immediately so he can check the work.

### What happens if an implant is lost?

It is similar to pulling a natural tooth. A new implant can generally be placed into the same spot within six weeks. In such a case the manufacturer of my implants even offers a new implant free of charge.

### How much do the health insurances pay?

Implantology is a private service and is supplemented in part by the legal health insurance. Privately insured patients receive a greater subsidy. People with a private supplemental insurance also receive a subsidy. The team at the surgery will help patients to find their way around the contract jungle. The members of the surgery will go through the documentation with the patient and explain what to do to get these financial aids.

# ...gapless...

Surgery stamp

