



...in the thick of it...



before

Initial situation

My last teeth were pulled about ten years ago. I received two complete dentures which held quite well in the beginning, meaning that I could eat reasonably well.

However, I could neither taste nor enjoy anything because of the artificial palate. Within a short time I noticed that the dentures started to wobble and became less and less stable. I was only able to eat soft-boiled food. My health continued to deteriorate - probably due to the unbalanced diet. I didn't like going out. I was always afraid my dentures would fall out and that my friends or acquaintances would laugh at me. Although in the beginning I had the dentures relined a few times, that only worked for a couple of weeks each time.

Causes

By coincidence I was presented with a new chance: My grandson lost a tooth in a sporting accident. It was replaced with an implant and the loss was no longer visible. He talked me into going to his dentist to find out whether implants could be a solution for me.

The dentist remarked that the pressure of the dentures on the gums and the jaw bones could cause the deterioration of the bones and gums. He also explained to me that the body would generally break down everything that is not functionally utilised. The dentures only lasted a short time because the break-down processes caused the dentures to wobble.

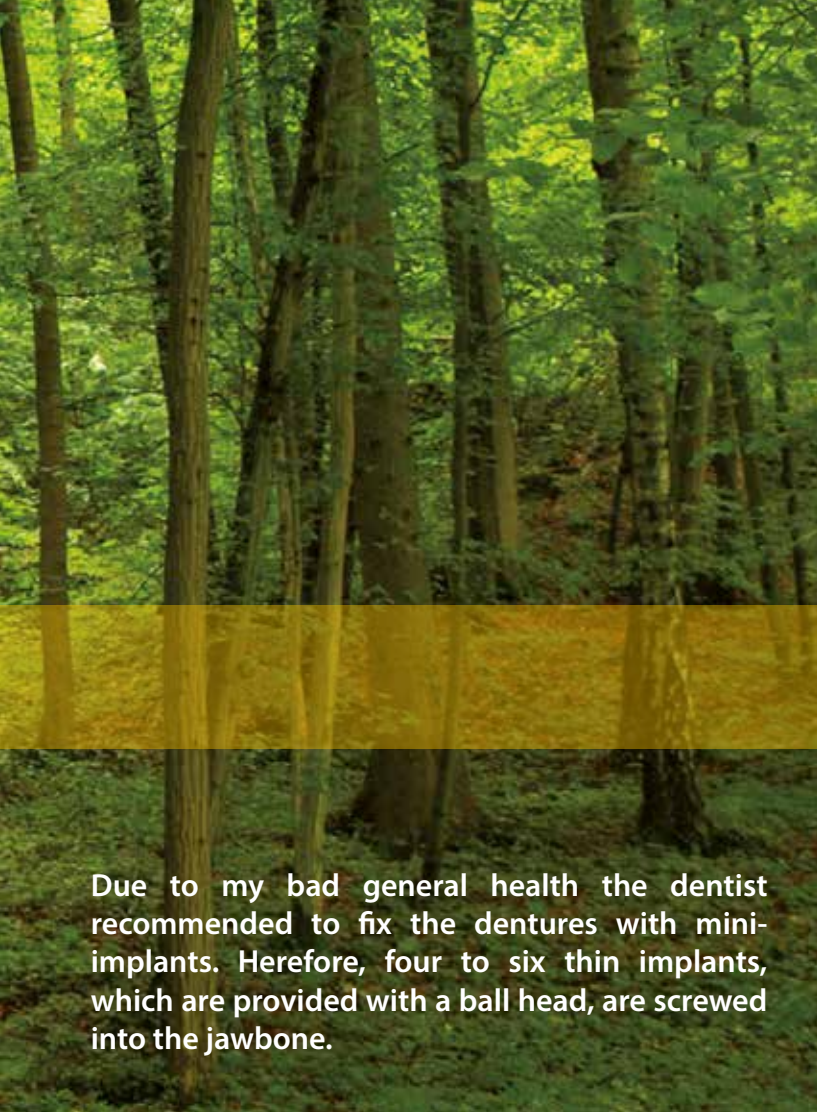


Implants



The dentist illustrated the function of the implants using a tree as an example: The implant is the root, which is anchored in the jaw bone and fixes the top. A post is then screwed into the implant which subsequently carries the crown. Looking at this as a tree this means that the post forms the trunk which carries the treetop. Compared with the conventional dental prosthesis the implant therefore does not just replace the trunk and the crown, but also the

root - with the following advantage: Similar to the root of the tree, which is held by fertile soil, the implant stabilises the jawbone and protects it from breaking down.



Due to my bad general health the dentist recommended to fix the dentures with mini-implants. Herefore, four to six thin implants, which are provided with a ball head, are screwed into the jawbone.

Fixation elements can often even be incorporated into the already existing dentures. In some cases an interim solution may be necessary for two to three months to initially protect the implants. At these interim solutions the dentures are not yet permanently fixed.



In cases of poor bone quality it is possible to stabilise the implants via a bracket.



In case of sufficient bone of good quality the prosthesis can be fixed on the implant with a type of press-stud system.



In thin, extremely reduced jaws and in case of limited general health the dentures can be fixed with mini-implants and ball heads without any major surgical effort.

All crown options are very comfortable. The dentures are securely held allowing you to eat and speak again without having to be concerned. You can easily remove the dentures for cleaning and replace them again after.



Treatment steps



Step 1

First I received a thorough examination. The height and width of the jawbone was determined through an X-ray to establish, which solution was best for me.

1



Step 2

The surgery was minimally invasive, meaning that, following a local anaesthesia, a small cut was made at the points, where the implants were to be positioned. The gums were pushed aside a little until the bone was well visible. Subsequently a small hole was drilled into the jaw and the implant was screwed in. After that it was checked if the implants could be used immediately. Unfortunately this was not the case. The dentures were therefore only ground down at the position of the implants and reinserted.

Step 3

Two to three months later the implants were completely healed and the dentist was able to introduce the holding elements. They fix the dentures in place but also allow for easy removal.

3



There was only a small swelling after the operation: After taking the prosthesis out, I was able to clean the implant heads with a soft toothbrush immediately. I just clean the dentures with a brush and soap.

Taking care of the implants



I quickly got used to removing and replacing the dentures. For this I push a finger under the dentures from both sides and pull it out with a small tug. It is neat and especially easy.

I now go to the dentist several times a year and have the implants cleaned and the fitting of the dentures checked. I look forward to the appointment - it is always very pleasant and the young ladies look after me with great affection.

after



If I compare my wellbeing prior to the implantation of the mini-implants with today, I am definitely able to say:

- I feel comfortable in company because I am no longer afraid that my dentures fall out.
- My general health has significantly improved due to better nutrition. Now I also need a lot less medication.
- The dentures carried by the implant support my lips and cheeks. My family and friends tell me that I now look years younger.
- Due to the reduced palate plate I am now able to taste the food and enjoy it more.





How much does the implant treatment cost?

The treatment cost a lot less than I thought. Going without one holiday is sufficient. A sacrifice I gladly took, considering the renewed quality of life. I believe that the treatment is worth it at any age.

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. Once he had to tighten a screw which became loose. This prevented greater damage.

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.



Surgery stamp

...in the thick of it...

000422GB-20210330

