

# Get Your Smile Back!

Everything You Need To Know About **Dental Implants**

A photograph of an older couple walking barefoot on a sandy beach at sunset. The man is on the left, wearing a blue button-down shirt and jeans, with his arm around the woman's shoulder. The woman is on the right, wearing a pink top and black leggings, smiling. The background shows the ocean and a bright sunset sky.

Get All Your  
Questions  
Answered!

Authored By:  
**Dr. Angela R. Cameron**  
DDS, PC, FDOCS, LVIF, FAGD, FPFA

# Get Your Smile Back!

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What are Dental Implants?

•  
**Do They Hurt?**

•  
How Long Do They Last?

•  
**Am I a Candidate?**

•  
What is Life Like After Dental Implants?

•  
**Do They Require a Lot of Maintenance?**

•  
What is the Recovery Time?

•  
**How Much Do They Cost?**

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Authored By: Dr. Angela R. Cameron

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*/angelarcameron*



*/sophisticatedsmiles*



# Get Your Smile Back!

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# DEDICATION

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## MEET A PATIENT

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IMPLANTS WERE HIS  
BEST CHANCE FOR  
GETTING HIS TEETH  
BACK, AND LIVING A  
"NORMAL" LIFE, FREE  
OF CHRONIC PAIN

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## HENRY'S FAMILY DENTIST BEGAN EXTRACTING HIS MOLARS AT A VERY YOUNG AGE

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Like many people at that time, his parents didn't have the money to save his teeth. As a result, whenever one of Henry's teeth developed a cavity, it was simply pulled out.

By the time he was 23, Henry didn't have any teeth left on either side at the back of his mouth. No one told him that without any tooth roots there to stimulate his jawbone, it would get thinner and thinner – so he decided that a partial denture would solve his problems.

As his jawbone continued to deteriorate into a razor-thin blade, chewing with the partial denture became agonizing. By the time he was in his early 50s, Henry had been fitted with several new partials – and none of them were bringing him any relief from the chronic pain in his mouth. It felt like his gums were being lacerated from the inside

out – and he couldn't even wear the partial without experiencing severe pain.

Henry stopped wearing the partial. He couldn't take it anymore; so he began to chew his food using his front teeth instead. As you can imagine, doing the kind of work intended for molars severely damaged his incisors – and soon, he lost those too.

Yet another denture was served up to Henry... and things continued to get worse.

Despite all the pain he'd been through, Henry couldn't give up on finding a solution to get his teeth back. At the same time, he was frantic for an escape from the pain he suffered on a daily basis.

By the time he visited a specialist, his jawbone had deteriorated so badly that it would never support anything like a conventional bridge again – and obviously, solutions involving dentures were out of the question.

Implants were his best chance for getting his teeth back, and living a “normal” life, free of chronic pain.

He was told that before an implant procedure, he would need surgery to move a couple of nerves out of the way – as well as a bone graft to build up volume in his severely deteriorated jaw. This was the only way to ensure that everything would heal properly.

This diagnosis was a lot for Henry to take in! He was understandably terrified of all three surgeries that needed to take place in his mouth.

His specialist educated him, gave him all the literature and information he would need regarding his treatments, and packaged it up in a folder for him to take home after his initial consult.

After a few days, Henry made his decision. He'd already lived with so much pain, for so many years, that he decided to work through his fear of surgery and "go for it" – in his words, he "had nothing left to lose." And when it came to the number of teeth left in his mouth, this was very true.

*"I'm 65 and I have a new lease on life. I'll never take feeling whole, or something as simple as being able to chew my food, for granted again. I can laugh, eat*

*whatever I want, smile and LIVE like everyone else around me. I'm so lucky that I explored this treatment, after suffering, being self-conscious and feeling absolutely miserable in mind and body for so many years."*

**This book is dedicated to people like Henry –** and anyone else with a quality of life that can be improved by getting dental implants.

If you have worries, questions or concerns on your mind holding you back, then this book is also for you.





# **INTRODUCTION**

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**GET TO KNOW THE DOCTOR**

**– A CONVERSATION –**

### ***Why did you become a Dentist?***

I was in college and I was also wearing traditional braces. I was on the path to going to medical school. Someone very smart told me that I should shadow someone in the top of the profession you think you want to have as a career and see if you would like to have the kind of life that they have. So I spent a lot of time volunteering at hospitals and shadowing female physicians. Many of them were working 80+ hours work weeks and didn't have much of a life outside of work. Many of them seemed very unhappy and stressed out. So I started to rethink this career path. At one of my orthodontic appointments, my orthodontist, Dr. Gibson, encouraged me to look into becoming a dentist. He thought I would really like it. I spent some time shadowing him and several general dentists (including several female dentists who owned private practices). I really liked how the dentists were able to help and take great care of their patients, while at the same time every dentist I met seemed to have a very happy and fulfilling family life.

**"I LOVE TO WORK WITH MY MIND  
AND MY HANDS; AND MOST OF  
ALL, I LOVE HELPING PEOPLE.  
DENTISTRY COMBINES ALL OF  
THESE THINGS.**

**I HAVE THE MIND OF A  
SCIENTIST, THE EYE OF AN  
ARTIST, AND THE HEART OF  
A SERVANT. THAT IS WHY  
DENTISTRY WAS AND STILL IS THE  
PERFECT FIT FOR ME."**

*– Dr. Cameron*

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***Do you have family, a partner or kids? What do you all like to do together?***

I am married to Dr. Jason Cunningham. We recently celebrated our 19th wedding anniversary. We have two beautiful children, Andrew (who is 16 years old) and Alexis (who is 12 years old).

We enjoy spending time together as a family. The kids are busy with soccer, track, basketball, and ballet. There is always something going on. However, with our busy schedules, we take time to have family game night once per week and also family movie night once a month.

***What do you like to do personally outside of the practice (i.e. hobbies, sports, etc.)***

Outside of the office I love to spend time with my family, cook, read, go walking, and go to the Spa to relax. I collect Swarovski Crystal Figurines. I am also an active member of Central Baptist Church, and a support several charities.



*Dr. Angela R. Cameron and her family. Dr. Angela R. Cameron, Dr. Jason Cunningham, their son Andrew and their daughter Alexis.*

***Where did you go to school? Are you continuing your education, or taking any courses?***

I graduated from Furman University with a B.S. degree in Biochemistry and I also graduated from Furman University with a M.S. degree in Bio-physical Chemistry. I graduated with a Doctor of Dental Surgery Degree (DDS) from the University of Tennessee College of Dentistry located in Memphis, TN. I am committed to life-long learning and I take an average of 100-200 Continuing Education hours per year. I have done this for the past 20 years. It has been my privilege to study with and learn from the best of the best in post doctoral dental education. (The average dentist does 20 hours per year).

I am in the top 1% of all dentists for advanced continuing education training.

I have four postdoctoral Fellowship Awards: FDOCS, LVIF, FAGD, and FPFA

***Do you belong to any dental associations?  
What accreditations do you have related to  
Dental Implants, Cosmetic Dentistry or  
Sedation?***

- I am a proud member of the ADA, TDA, FDDS, AACD, AGD, AAFE, AADSM, IAPA, DOCS, PFA, TNAGD, and TNAACD
- I am currently President Elect for the First District Dental Society
- I am a State Delegate for the Tennessee Dental Association
- I have been named one of America's Top Dentists 17+ years in a row. I have also been named one of America's Best Dentists 16+ years in a row.
- The Richard L. Sullivan Award for Excellence in Dental Research (2000)
- AACD President's Honor Roll (2006).
- I am a Fellow with the Dental Organization for Conscious Sedation and have been a Gold Member for 15+ Years.



- I have been awarded the “Talk of Town” Award for Excellence in Customer Service 12 years in a row.
- Named Top 40 under 40 by the Business Journal of the Tri-Cities in 2006 (The only medical/dental professional recognized that year.)
- Top Dentist in Johnson City Awarded for 7 Consecutive Years by Best in the USA.
- 2019 VIPSEEN Power Woman of the Year
- 2021 Tri-Cities Living Magazine Power Woman
- I have appeared on a local TV show as a featured dental expert from 2003-2020 called “The Tri-Cities Elite Ladies Show”
- I have appeared on national television as a dental expert on “The Wellness Hour” (CBS) and on “Moving America Forward” (featuring William Shatner as host).
- Named one the Top Professionals by Continental Who’s Who.
- Named Top Dentist in Johnson City by the International Association of Dentists.



*DOCS Fellowship  
Award 2008*



*Dr. Bill Dorfman!!*

*Top Left: My husband, Dr. Jason Cunningham, and me when I received my Pierre Fauchard Fellowship Award (2019)*

*Top Right: Me receiving my DOCS Fellowship Award in 2008, pictured with Dr. Fang, Dr. Feck, and Dr. Silverman. Dr. Silverman is the founder of the DOCS organization.*

*Bottom: Dr. Dorfman and I at an AACD meeting. We were both being recognized as dentists who appear on TV shows. Him for working on Extreme Makeover, and me for my work with the Tri-Cities Elite Ladies Show.*

***Why did you start doing Implant and Cosmetic procedures and why do you enjoy it so much?***

I LOVE the transformative process. I LOVE helping people get from where they are to where they want to be, and have the smile of their dreams, while they are made to feel comfortable/relaxed.

It is amazing to see the changes not just in people's smiles, but their energy, enthusiasm, and zest for life when they get their smile back. My favorite part of the day is when a patient sees their new smile and start crying tears of joy because they are so happy. OR when you take someone who is having daily debilitating pain, and you help get them feeling better and keep them feeling better without medication. It is a blessing to be able to serve in this way.

It is amazing to see someone who is deathly afraid of the dentist, who is scared to make a phone call to make an appointment, to see how comfortable they can be with sedation. They can have such a pleasant experience that with time, they no longer

need to be sedated for treatment. It is as if their fear melts away and is no longer an issue.

Many years ago, when I was still in dental school, I had the privilege of meeting and being mentored by a dentist who had a thriving Cosmetic Dental Practice in Nashville, TN. (Unfortunately, he passed away several years ago.) His clients were a list of Who's Who in Country Music (at the time) including Randy Travis, Loretta Lynn, and Dolly Parton (to name a few). He treated regular people too. He showed me what is possible with using a combination of cosmetic, sedation, and implant dentistry. When he showed before and after photos of the complex cases he completed, I was amazed. I knew that was the type of dentistry that I wanted to do for the rest of my life. He encouraged me to get involved in the AACD, and as a student, I began taking advanced level training that normally was reserved for veteran dental professionals. I was able to complete this advanced training in cosmetics and implants on top of all of my other dental school requirements. This connection and mentoring helped me move forward faster in being able to provide advanced care for my patients.

***Why do you think people are sometimes so hesitant to go through with a big case restorative or cosmetic procedure?***

Many patients are hesitant to go through with treatment because they are afraid and fearful of pain. That is why sedation dentistry is so wonderful. You basically feel as if you have slept through the procedure and most patients remember very little from the procedure itself. You wake up feeling refreshed. Many patients state that it is the best sleep they have had in a long while.

Other concerns that make patients hesitant are: Cost of treatment, lack of insurance coverage, time off work, trust, and they are concerned will they like the final results.

Whether you have dental insurance or not, our office works tirelessly to make treatment as affordable as possible with multiple payment options. If you have insurance, we do our best to maximize our patients' insurance coverage. However, the reality is that with large cosmetic, implant, and sedation cases, there will be things NOT covered by the

insurance. We are used to working with patients so that they can still afford the treatment they need, want, and deserve.

Sedation is also great for patients concerned about having to take time off work because we are able to get more treatment done in fewer visits.

We also go above and beyond to make certain that our patients will be pleased with the final results of treatment. We make diagnostic photos, study models, wax-ups, custom temporary restorations... The list goes on and on. We will not place any final porcelain or implant restorations in a person's mouth unless they are 100% pleased with them.

I have owned my private dental practice for almost 20 years and I have strong roots in the community. My plan is to stay in private practice dentistry focusing on excellent patient care until I retire many years from now. When patients come to me they can trust that they can depend on me being here for them long term.

For many patients it is simply a matter of timing or lack of urgency. What I have found is that there is a price to pay for postponing treatment and waiting for the “perfect time”. These issues do not magically fix themselves, and with time they get worse and more complex to treat. It is much better to plan things around your schedule, than to wait until the issue has progressed to be an emergency situation where you are scrambling to get things done quickly. With time, things will only become more expensive to treat the longer treatment is postponed.

***Do you feel like there is something different about you and your practice that makes you stand out from other Dentists in your area?***

We have a top notch beautiful facility. We have the latest in advanced technologies to better serve our patients. We also have a long list of amenities we use to pamper our patients and make them feel comfortable/relaxed during their dental visits.

Our team is well trained, experienced, and caring.

I have advanced training and more awards than just about anyone. One of the highest compliments we receive is that many other dentists in our region and from other states refer their patients to our office for complex cosmetic, implant, and sedation procedures. They trust the care of their patients to us.

I am also the founder and President of ***The Cameron Institute***. This is an online Institute for Advanced Post Doctoral Dental Education for Professionals. The motto of The Cameron Institute is “*Learning that Leads to Action.*”

How many other female dentists do you know who have their own Educational Institute?



*[www.TheCameronInstitute.com](http://www.TheCameronInstitute.com)*





# OUR STORY

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OUR PRACTICE AND TEAM



**I**n 2002, Dr. Angela R. Cameron took over a well established private practice in Johnson City, TN and transformed it into Sophisticated Smiles. In 2012, she also took over the TMJ Treatment Clinic and relocated it inside her Sophisticated Smiles office.

Dr. Cameron chose to practice in East Tennessee in order to be close to her family. She is married to Dr. Jason Cunningham, who has a dental practice in Erwin, TN (Cunningham Dental and a private practice in Johnson City, TN called A+ Extractions and Dentures). They have two beautiful children, Andrew and Alexis. In her spare time, Dr. Cameron likes to read, spend time with her family, and is active in church and charity organizations.

Dr. Cameron is a Fellow in the Dental Organization for Conscious Sedation (FDOCS), a General Member of the American Academy of Cosmetic Dentistry, and a member of the Academy of General Dentistry, the American Dental

Association, and the American Academy of Dental Sleep Medicine.

Dr. Cameron is truly something special. She has walls full of awards, but is still very humble when asked about all that she has achieved. She has been named one of America's Top Dentists by the Consumers Research Council of America, every year since 2003. She is a Fellow of the Dental Organization for Conscious Sedation. She is a Sustaining Member of the AACD and a member



*Dr. Cameron would love to speak to you about your dental concerns  
and answer any questions you may have.*

of the ADA, AGD, and AADSM. Dr. Cameron takes over 100-200 hours of continuing education every year (the average dentist takes about 20 hours of CE per year).

She is constantly looking for ways to deliver the best and most modern care possible for her patients. She has advanced training in providing metal-free restorations, treatment of TMJ/TMD, sedation dentistry, and of course advanced cosmetic training. Above all Dr. Cameron truly cares about each individual that she treats. She loves what she does and it shows.

---

**"OUR MOTTO IS 'WE IMPROVE LIVES, AND WE DO IT WITH A SMILE!' I FEEL PRIVILEGED TO BE ABLE TO GO TO WORK AND DO WHAT I LOVE WHILE ALSO HELPING OTHERS."** – *Dr. Cameron*

---



*For the 11th consecutive year, Sophisticated Smiles has been awarded for “Excellence in Patient Satisfaction” as rated online. Dr. Cameron has also been named one of America’s Top Dentists by the Consumers Research Council of America, every year since 2003.*





*Dr. Cameron is constantly looking for ways to deliver the best and most modern care possible for her patients.*

## ***Our Facilities***

Our dental office is a five star facility. From the chandeliers in the bathrooms, to the relaxing massage room in the reception area, to the special kids play area, to our one of a kind “art gallery”; we have done our best to think of any luxuries that could make our patients experience as pleasurable as possible.

We have the most modern dental equipment in our treatment rooms. Our sterilization center is state-of-the-art.

Our rooms are supplied with water from a closed circuit purification system. The water is ultra-purified and is higher quality than even the water used for kidney dialysis.



*You're always welcome to come in for  
an office tour of our practice!*



## ***Our Team***

We have a team of highly committed individuals who want nothing more than to provide the best for their patients. Each team member is committed to continued growth and education. Our team members take three times the amount of continuing education than the average dental team. We have morning huddles to go over any special needs that our patients may have to make the day go as smoothly as possible.

Once a month we have a four hour training session to go over updates on how to deliver the best service possible for our patients. Our team has a “get it done and then some attitude.” This means that they want to make each and every visit special for our patients. They look for ways to go above and beyond on a daily basis.

## ***Specialists***

In order to serve you best, I have assembled a team of local oral surgeons that have over 30 years of experience and have placed thousands

of implants over that time. What you'll learn in this book is that the "implant" is what goes below your gum line, and anything above the gum line is considered the "restoration". I have "restored" hundreds of implants in my career as a dentist. The smile really transforms in the restoration phase and that's what I really love.

### ***A Letter from Dr. Angela R. Cameron***

My ever-increasing passion for dentistry, and specifically restoring dental implants, stems from helping patient after patient discover that dental implants can change their lives – and seeing the joy on their faces when they get their teeth back.

Over the course of many years, I've noticed that patients keep **asking me the same questions** when they're considering implant surgery.

**There are a few that seem to come up again, and again:** What is a dental implant? How long do they last? What do they feel like? Do they hurt?

If you're considering dental implants and find these questions and concerns circling around in

your mind, please accept this book as a gift. It will ease your mind, open up new possibilities, and give you answers to common questions about dental implants before you have an initial consult with a dentist.

Reading this book will enable you to have an informed conversation with the dentist you're considering. You'll also save time, worry and confusion by being able to speak, and understand, the "language" of dental implants.

# CHAPTER ONE

---

## WHAT HAPPENS TO YOUR FACE AND MOUTH WHEN TEETH ARE MISSING?

1

...

*Bad News About Bone Loss*

2

...

*Clarification About Cosmetics*

## **1. BAD NEWS ABOUT BONE LOSS**

Losing your teeth can be a terrible ordeal – especially when you lose several at once! The loss is so shocking and upsetting that many people simply can't get their heads around taking the first step towards restoring their smile.

At the other end of the spectrum, some people lose their teeth gradually, and as the gaps in their teeth increase one-by-one over time, they become too complacent to make a big change.

In the end, many patients turn to bridges, or full or partial dentures, to make their mouths “whole” again.

Filling in those missing gaps above the gum line might make you look (if not feel) like your “normal” self again – but only for a little while.

When you're missing a bunch of teeth, you'll notice over time that the source of your smile's beauty is truly not just skin (or gum) deep.

**The most important thing you need to know is this:**

*Your natural tooth root stimulates the bone in your jaw, below your gum line...*

*...and the bones in your jaw **need** this kind of stimulation in order to remain strong, dense and healthy.*

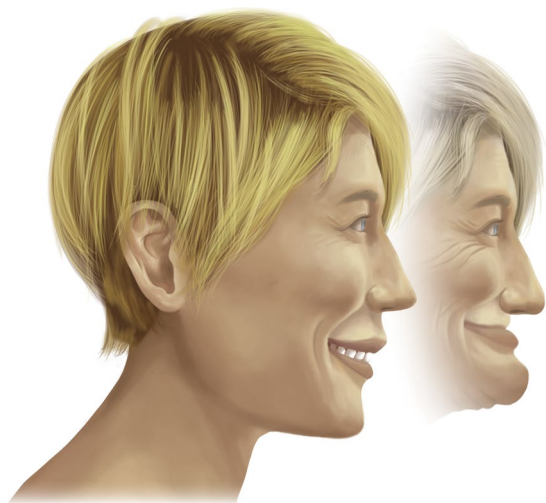
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**WITHOUT STIMULATION FROM  
THE ROOT OF EACH TOOTH, THE  
BONE IN YOUR JAW STARTS  
TO CHANGE...  
AND NOT IN A GOOD WAY**

---

In the absence of root-deep stimulus, your jawbone actually begins to atrophy, or shrink. As the bone in your jaw continually withers away, the corners of your mouth droop... and your facial muscles start to shift out of position, completely changing what you're used to seeing when you look in the mirror.

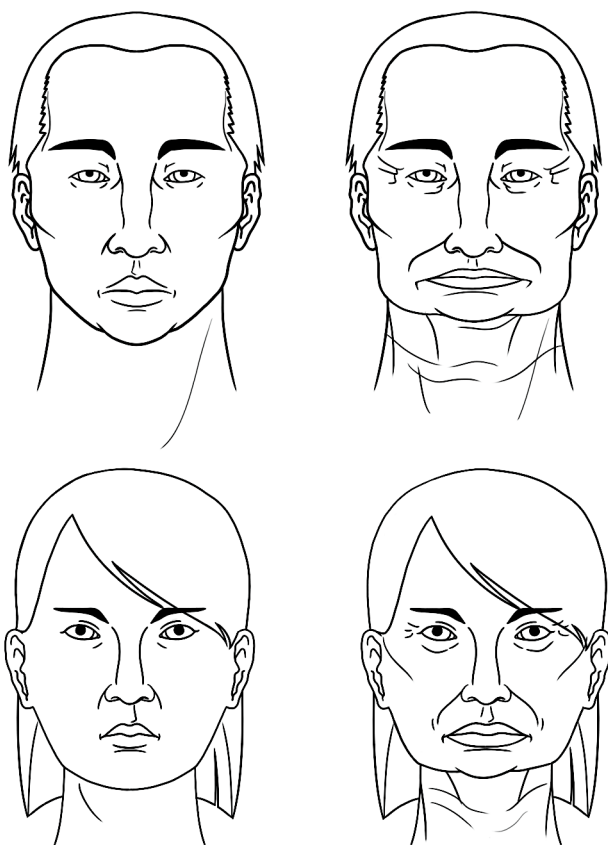
This change in your facial muscles causes wrinkles to appear before their time. Your cheeks begin to change shape as well; and in the end, your continually deteriorating jawbone and loss of jaw height in the back causes your nose to point down, and your chin to point up – giving you a witch-like appearance.



*Bone loss can make you look “old” before your time*

If this isn't bad enough, your lips lose support as well, collapsing into themselves, and becoming flattened and puckered – which further “ages” your appearance.

**\*Note:** If you're "only" missing some molars in the back, I'm sorry to say that you're not exempt from this fate. So-called "bite collapse" occurs when some of your back teeth (which support the height of your face) aren't there.



*Before and after bone loss*



This causes your front teeth to get “squashed” or pushed forward, and your tongue to spread into the space where your molars used to be – which makes your face collapse.

I’m sure it doesn’t shock you to learn that any or all of these aesthetically and physically disastrous scenarios can cause chronic depression, personality changes and plunging self-esteem.

And, unfortunately, there’s more...

**Even if you’re perfectly content with your dentures (and I’ve yet to meet someone who is), you’ll have trouble with the way they fit down the road, as your jawbone continues to deteriorate.**

Over time, there will be less muscle, and less bone, to hold your dentures in place. Nerves come closer to the surface as your gums wear down... and it’s possible to end up experiencing agony every time you take a bite.

Additionally, I’m sure you can only imagine what happens to your nutrition when you can’t chew properly.

**The very first step to good digestion is chewing your food well.** If you don't, or if you're unable to do so, then you **may not absorb the nutrients from the food that you've eaten.**

Digestive problems can occur from having an imbalanced diet that is lacking in essential nutrients.

Symptoms vary from person to person, but they can include constipation, diarrhea, bloating, wind, belching, heartburn, acid reflux, cramps and nausea.

You can also feel tired, irritable, and suffer from headaches as well as skin problems if you're not chewing and digesting your food well.

Being unable to chew, and failing to absorb the nutrients that are essential to your good health, is just one aspect of the problem.

Of course, there are things you can eat if you choose to follow a "soft diet."

For example, you can have oatmeal for breakfast, beef stew for lunch and mushy meatloaf with gravy and a side of well-steamed broccoli for dinner.

You can also turn to yogurt, smoothies, and soups to eat...

However this involves recipe searching, meal planning, and food prep that can be really time consuming. And how many nutrients are left inside of a “well-steamed” piece of broccoli?

Not many.

Furthermore, if your spouse can chew properly, and you’re restricted to a “soft food” diet, there will be two separate breakfasts, lunches and dinners to make for your household, day in, and day out (if you don’t want his/her nutrition to suffer as well).

The amount of planning, shopping, meal planning (and more) that comes with a “soft food” diet can be time consuming. Being unable to chew can affect more than your nutrient intake, and your health: it can affect your quality of life as well.

## **2. CLARIFICATION ABOUT COSMETICS**

It’s not just a “thing” that people say... in fact, you’ve probably noticed yourself, that having a great smile really does make life easier.

It's been proven that a whole, stunning smile can make a positive difference for you, every day and in virtually every situation.

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## HAVING A GREAT SMILE REALLY DOES MAKE LIFE EASIER

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**Here are some interesting cosmetic-oriented stats for you to “chew on” from a professional survey:**

- **88% of people remember someone with a beautiful smile: nice, toothy smiles get better service, better treatment and more respect**
- **94% of those surveyed said that the very first thing they notice about someone is their smile (not their eyes, body or clothes)**
- **84% say an attractive smile is the key element to getting a date**
- **Over 1/3 of those surveyed said they would be**

**unlikely to set up a friend with someone who has crooked teeth**

- **75% believe your smile either helps – or hurts – your career... influencing the level of your success**

**This means that:**

- The “better” your smile is, the more likely it is that you’ll be noticed or sought out
- Your smile directly influences how attractive you are to people on every level – family included!
- The more compelling your smile is, the more likely it is for you to get noticed and promoted

When your smile is restored, you can enjoy a winner’s edge in love, in your life and in your career. *Everyone from your barber to your grandkids will look at you differently!*

Others perceive your teeth as a direct reflection on how you feel about yourself, how you take care of yourself and how you handle yourself.

So if you think that fixing your teeth only satisfies your vanity, you're wrong.

Having your teeth – ALL of your teeth, from root to tip – also improves your health, as well as the quality of your life, on every level.

Most of you are reading this book because you're interested in dental implants, which means you're missing teeth... so you may consider this information to be bad news.

However I'm just leading up to the BEST news:

**You can get your teeth back!**

...and right now, you're holding a book that can help you take the first step towards making your mouth whole again.



# CHAPTER TWO

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## WHAT IS A DENTAL IMPLANT?

1

...

*What Are Dental Implants?*

2

...

*What Are Dental Implants  
Made of, & Why?*

3

...

*How Long do Implants Last?*



## **1. WHAT ARE DENTAL IMPLANTS?**

Lots of people think that a dental implant acts as a replacement for a tooth's crown (the "white part" of the tooth), that we see all the time, every day.

However, this couldn't be farther from the "root" of the matter.

Terrible puns aside, this distinction needs to be made absolutely clear:

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**A DENTAL IMPLANT IS A  
REPLACEMENT FOR A MISSING  
TOOTH ROOT...**

***(IT IS NOT A REPLACEMENT FOR A  
TOOTH'S CROWN)***

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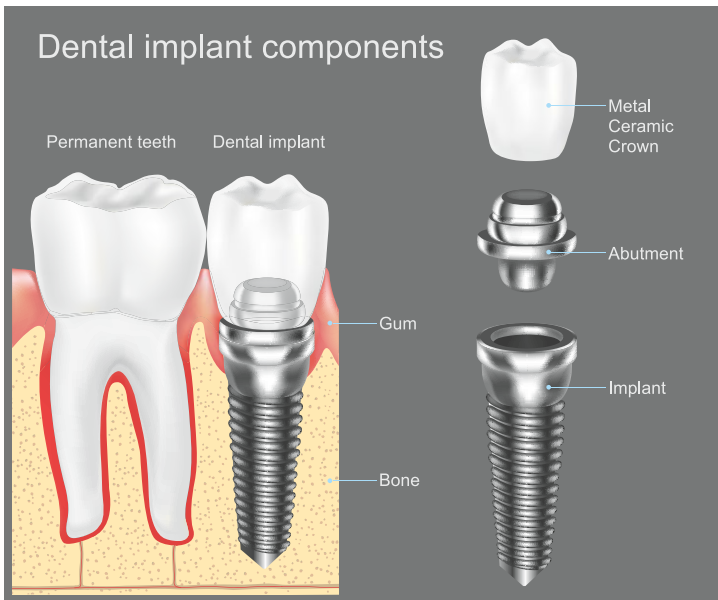
When people point to their dental work and say, "here is my dental implant," you are NOT looking

at the implant. The crown, or new tooth, you're looking at is *attached* to the dental implant.

When we talk about dental implants, we're discussing the supporting structure *below* the gum line.

The actual implant is a titanium screw, which is embedded into the jawbone.

The dental implant stops at the gum line, or just below the gum line. Anything **ABOVE** the gum line is an addition to the implant itself.



*Three main parts of a dental implant: Implant, Abutment, Crown*

## **2. WHAT ARE DENTAL IMPLANTS MADE OF, & WHY?**

According to historical discoveries and carbon dating, people have been trying to place dental implants (or dental implant-like devices) into patients for 1,900 years!

The problem was, that bodies are designed to reject foreign objects that are put into them (for example, your body will reject a sliver, and push it out). This means that jawbones didn't "fuse" naturally with the metals, porcelain (and even cattle teeth!) that people were trying to use as dental implant material over the course of history.

However in 1950, someone accidentally discovered a metal that the human body will accept! A Swedish doctor was studying the way bone heals, and as part of his experimental research, he inserted a titanium chamber into the leg of a rabbit; this allowed him to study the animal's bone marrow under a microscope.

A few months later, he tried to remove the titanium from the bunny's leg... but he couldn't,

because the leg bone had fused with the titanium.

Instead of rejecting the titanium, the rabbit's bone accepted it; in fact, the bone grew right into it!

Thus, it was discovered that titanium is a material that the body will welcome with open arms; and titanium doesn't irritate the skin, or other soft tissue, either.

Now here's part of the BEST news I promised to deliver: as soon as a titanium dental implant is placed in your jawbone, you will stop losing bone in that area. **Your body will recognize the need to maintain bone levels around that titanium post as if it were a natural tooth root.**

When your jawbone has something to attach itself to, it's happy, and it will maintain its volume!

## **NOTE:**

**Technical term alert!!!** *When your bone integrates itself into the grooves on the surface of an implant to provide stability, this is called osseointegration.*

*This term is important, because you'll hear it a lot*

*while you're researching, or getting, dental implants.*

*Osseointegration sounds really “medical,” and therefore terrifying (or tiresome) to some – but it’s actually what you WANT to achieve when a dental implant is placed in your jawbone.*

*Once the dental implant has osseointegrated, the “hard part” is over, and it can now be “loaded” with attachments like crowns, or dentures, which will restore the appearance of your smile.*

---

**YOU CAN ALSO CHEW  
NORMALLY AGAIN: WHEN  
YOUR JAWBONE FUSES TO THE  
TITANIUM IMPLANT AS IF IT  
WERE A NATURAL TOOTH ROOT,  
IT WILL BE STRONG ENOUGH TO  
TAKE THE PRESSURE  
OF CHEWING!**

---

### **3. HOW LONG DO IMPLANTS LAST?**

**The success rate of dental implants is astonishing: up to 97%.** The majority of doctors consider dental implants to be the most important, and amazing, development in the history of dentistry.

The popular opinion is that dental implants will last forever.

However, while their lifetime is indefinite, I can't promise that they do.

The long-term success of a dental implant is dependent on too many "human" factors.

For example, the placement of a dental implant is really important when it comes to stability that lasts. If someone accidentally placed your dental implant at an incorrect angle, the act of chewing will put a horizontal force on that implant. This off-angle force will cause the implant to fail, eventually.

**And, although dental implants won't get cavities, you'll still run into major problems if you don't take proper care of your hygiene.**

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## AS MANY DENTISTS SAY: BASIC HYGIENE IS THE BEST HYGIENE

---

Just like a natural tooth, you must keep your implant clean with proper brushing and flossing, or the bone around it can become infected... which also leads to the loss of a dental implant. There are negative consequences to poor oral hygiene in any situation, and this is no different.

I can't think of any medical procedure that has a 100% guarantee.

But while I can't guarantee that dental implants will last "forever," I can tell you that **with proper placement, and your commitment to a solid routine of good oral hygiene, the future of your implants will be as long, and as bright as the "whole" smile you've been missing.**

# CHAPTER THREE

---

## WHICH TYPE OF IMPLANT IS FOR YOU?

1

...

*Conventional Implants*

2

...

*Implant-Supported Over Dentures & Bridgework*

3

...

*All-on-Four® Implants (Teeth in a Day)*



## **1. CONVENTIONAL IMPLANTS**

As I've mentioned, conventional implants are designed to replace the root of a natural tooth. After the implants are integrated into the jawbone, replacement crowns are attached to them, which look, feel and function like natural teeth.

Dental implants can be used to replace one, or several, teeth. To replace an entire mouth of teeth, at least four to eight implants are needed (depending on the patient).

Conventional dental implants come in a variety of diameters and lengths: generally ranging from 3-8mm in diameter, and 7-15mm in length.

**The finished result of a conventional implant is a “three-piece” unit consisting of:**

1. The *dental implant* itself (in the jawbone)
2. The *abutment*, which is basically the connecting piece between the dental implant in the jawbone.
3. The *crown* (replacement “tooth”) that we see in a smiling mouth.



*Here's a conventional implant, with crown*

---

**DENTAL IMPLANTS CAN  
BE USED TO REPLACE ONE,  
OR SEVERAL, TEETH.**

---

## **2. IMPLANT-SUPPORTED OVER DENTURES & IMPLANT-SUPPORTED BRIDGEWORK**

You don't have to endure the annoyance of your dentures floating in your mouth, causing you pain, making it hard to chew like you used to, and sometimes making you afraid to laugh at a dinner party in case they pop out and fall onto your plate!

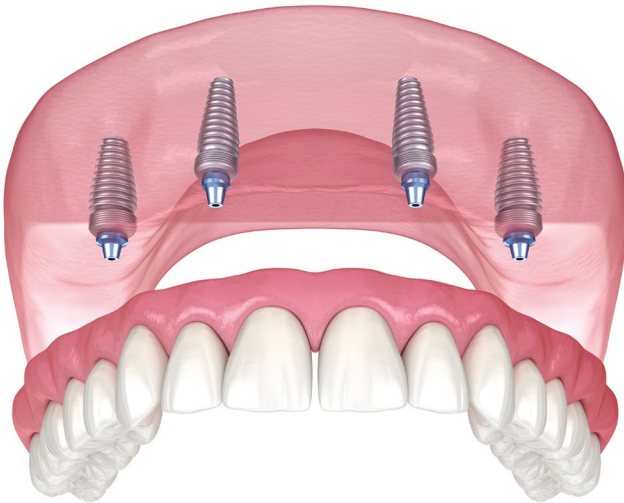
Usually two to eight dental implants are placed into the upper or lower jawbone (or both!). After the jawbone has fused to the implants (or – *technical term alert!* – when osseointegration is complete) the denture(s) can be secured onto the implants.

**Implant-supported over dentures can help stop jawbone atrophy, improve chewing ability (which benefits your nutrition / digestion), and provide a better fit than your usual partial, or full set of dentures.**

You can say goodbye to adhesives, discomfort and all the other unpleasant sensations you've had to suffer because of conventional dentures. Implant-supported over dentures can make your mouth look, and feel, whole again.

**Implant-supported bridgework** is for patients who have teeth missing on one side of their mouth. If you're missing two or more teeth, **there is a permanent solution available, which involves placing implants, and then getting a fixed ceramic bridge on top.**

Typically, a fixed prosthesis (or fixed ceramic bridge) can be fully completed over the course of four months, and costs less than “Teeth in a Day,” which you can read about next...



*Four dental implants, ready for dentures to be secured*

### **3. ALL-ON-FOUR® IMPLANTS (TEETH IN A DAY)**

All-on-Four® implants are similar to implant-supported over dentures – but **when it comes to quality and stability, they have more to offer.**

All-on-Four® implants are permanently fixed into your mouth, and made of stronger materials, which can only be removed by a dentist – while implant-supported over dentures can be taken in, and out, by the patient.

The result is that implant-supported over dentures tend to go through a lot of wear and tear on a daily basis – which can mean that parts need to be replaced, from time to time.

While it's easy to replace / repair the removable parts of implant-supported over dentures, **All-on-Four® implants present a more permanent, higher-quality solution...**

...and they can be done in the same day, which is why we use the term “Teeth in a Day.”

# CHAPTER FOUR

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## ARE YOU A CANDIDATE FOR DENTAL IMPLANTS?

1

...

*Dental Concerns*

2

...

*Medical Concerns*

3

...

*Physical & Financial Concerns*

**A**nyone can loose a tooth... or worse, teeth! From accidents, to losing a battle with decay or periodontal disease, tooth loss is a potential problem for everyone – but dental implants aren't always a potential solution.

Even though they can be regarded as the best way to make your mouth whole again, there are many things to consider before you, or you and your dentist, can determine whether or not you're a good candidate.

**Here are 3 main categories for consideration:**

## **1. DENTAL CONCERNS**

When deciding whether or not dental implants are a possible solution for you, the first thing to consider is the condition of your entire mouth.

As you've read by now, a dental implant achieves its amazing strength, and permanence, when the jawbone fuses to the surface of the titanium post after the implant is placed.

But in order for this to happen, **there must be enough bone already present in the jaw to support**

### **the implant.**

Obviously, the stronger and denser the bone is, the better. The bad news is, years of wearing dentures (and other factors) can wear down the jawbone (or cause it to disintegrate) until whatever is left loses the ability to provide a good home for an implant after placement.

Furthermore, while jawbone density and strength are obviously crucial – **the condition of the gums and soft tissue are impossible to ignore.** A stingy amount of gum tissue, periodontal disease and gingivitis are conditions that should be addressed.

The health of soft tissue, as well as the density of a jawbone, must be restored before making a step toward dental implants.

If your jawbone and gums can support implants, that's great! But there are still a few other factors to consider:

## **2. MEDICAL CONCERNS**

There are a few medical conditions that make an impact on the success (or failure) of dental



implants. Some conditions mean that dental implants will “***absolutely not***” succeed, while other conditions mean that dental implants will “***possibly not***” succeed unless the problem is dealt with properly.

Let’s take a look...

### ***Absolutely Not***

**Disease** – Sadly, surgery, radiation and chemotherapy treatments for cancer put a tremendous amount of stress on the immune system. It’s best to wait until treatments like these have been successfully completed, before starting any dental implant procedure.

Additionally, if you have a disease that causes oral flare-ups (which can include a mouth full of blisters or sores) you’re not a good candidate for dental implants.

**Pregnancy** – Anesthesia, X-rays and pain medication **all** endanger health of a child in the womb. Pregnant women should wait until after their babies are born to get dental implant treatment.

## **Possibly Not**

**Smokers** – Smoking just *one single* cigarette reduces the speed of blood flow to your fingertips by up to 40% (or more), for an hour! You can only imagine how this enormous restriction on blood flow damages the ability of a body to heal. As a result, implants placed in smokers are up to three times more likely to fail.

***\*However*** if you stop smoking two to three weeks before implant surgery, and continue to abstain from smoking for a minimum of nine weeks after the surgery, your implants are likely to be successful. (As a doctor, I'm compelled to mention that this may be a great time to quit smoking forever.)

**Diabetes** – This can cause complications throughout the whole body... but in the mouth, it's associated with higher rates of gum disease, as well as tooth decay. Other complications include dryness, increased possibility for infection and other (not so great) changes. As a result, healing after dental implant treatment occurs more slowly.

*\*However* when patients control diabetes with insulin and their diet, for example, it's possible for them to experience the same success with dental implants that non-diabetic patients enjoy.

### **3. PHYSICAL & FINANCIAL CONCERNS**

#### ***i. Age***

**You're never too old for implants!** If there aren't any medical or dental conditions getting in the way, age doesn't carry any negative impact by itself.

That being said, **you can definitely be too young for implants.** When placed too early, implants can shift out of position as the jawbone grows, which causes a bunch of issues.

Generally speaking, girls don't stop growing until they're about 16... while most boys can reach their maximum size at about 21 years of age.

In the meantime, there are temporary solutions, (which can be used instead of implants) for functional or aesthetic purposes. More importantly, a temporary solution can be used to prevent other teeth from shifting into the space(s) before the

implant(s) can be placed.

## ***ii. Financial Concerns***

There is no simple answer to the question: “how much do dental implants cost?” If you’re budget-conscious, talk to the dentist you choose to perform your dental implant surgery about financing/payment plans. There is almost always a solution to financial challenges!



# CHAPTER FIVE

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## DO DENTAL IMPLANTS HURT?

1

...

*During the Procedure*

2

...

*Anesthetics & Sedation*

3

...

*After the Procedure*

## **1. DURING THE PROCEDURE**

For some (well... for most) the idea of getting a hole drilled into your jawbone, and then a titanium post screwed into that hole until it's well "seated" can be quite daunting – and it certainly sounds very painful!

*But this simply isn't true.*

To escape the understandable fear of pain you must realize, and take comfort from, the fact that bones contain very few nerves or blood vessels. Many patients experience minimal discomfort and express shock at how easy the procedure actually is.

## **2. ANESTHETICS & SEDATION**

There are a variety of ways to relieve anxiety, discomfort and pain before, during and after surgery.

No matter which form of sedation or anesthesia you and your dentist choose for you, rest assured, it can take effect really quickly (sometimes within two or three minutes) and typically wears off within a short amount of time as well.

**Here are some options that you can explore and discuss with the dentist you choose to perform your dental implant surgery:**

***i. Local Anesthetic***

This is the most common form of anesthetic used for dental implant surgery. It's site-specific, which means it numbs the area(s) where the implants are being placed, so that you don't experience any unpleasant or painful sensations during the procedure.

***ii. Nitrous Oxide***

Also known as laughing gas, nitrous oxide is on the World Health Organization's List of Essential Medicines, and is known as one of the most effective and safe medicines. It's also called "laughing gas" – because it causes you to disassociate from your surroundings, and has a euphoric effect (which can make some people get the giggles).

It's used in dental surgery for its anesthetic and pain-reducing effects, and goes a long way to help relieve anxiety.



### ***iii. Oral Conscious Sedation***

Medication is available in the form of pills to help patients with anxiety, fear of needles (which are used to administer a local anesthetic), or fear of the procedure itself.

**Triazolam**, for example, has strong anti-anxiety qualities to accelerate relaxation. It belongs to a class of drugs called sedative hypnotics and it's perfectly safe. 20 minutes after it's administered, the mind and body start to slow down, and the patient becomes drowsy.

In many cases, after taking Triazolam, most patients have no recollection of their dental surgeries (even though they were "conscious" during the procedure).

In some instances additional medications are used in combination or instead of the Triazolam to insure maximum patient comfort and safety. Sedation protocols and medication dosages are customized for each patient.

#### ***iv. Conscious IV Sedation***

Moderate sedation is a type of sedation administered through an IV. Moderate sedation is really useful for helping patients with anxiety, fear of needles (which are used to administer a local anesthetic), or fear of the procedure itself.

With moderate sedation, patients don't even remember the needle used to distribute the local anesthetic to the surgery site in their mouths, because the sedation takes effect before the needle for the local anesthetic is administered.

Also described as being in a state of "twilight," moderate sedation renders you "half asleep," so to speak. In other words, you are "under the surface" – your eyes are closed, you're completely relaxed, and you won't remember a thing after the procedure – but you can respond to stimuli; for example, if someone shook you, you would "wake up."

While you may be oblivious to what's going on, you can still answer questions, respond to the dentist's instructions (which can make the surgery go more smoothly), and maintain your reflexes.

### **3. AFTER THE PROCEDURE**

As I mentioned, discomfort during the procedure is minimal – and **post-operative discomfort can also be really low**. Some people even find that after the anesthesia wears off, they just feel a little discomfort that over the counter medication can eliminate.

Our office recommends taking a combination of two Advil and two Tylenol together and this will provide the same pain relief as prescription medication. Please only do this under a doctor's supervision and **NEVER** exceed the maximum daily dosage recommendations for these medications.

After the procedure you would need a driver to take you home if you have been sedated with Oral Conscious Sedation or Conscious IV sedation. You would **NOT** need a driver if you had only local anesthetic or nitrous oxide.

# CHAPTER SIX

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## PROCESS, RECOVERY TIME AND TAKING CARE OF YOUR IMPLANTS

1

...

*Process & Recovery Time*

2

...

*Taking Care of Your Dental Implants*

## **1. PROCESS & RECOVERY TIME**

Of course, the process for implant placement will vary from dentist to dentist, but you can expect to have an initial consultation with the doctor you choose to perform the procedure.

During the initial consultation, the dentist will usually evaluate the area where the implant is needed. After the consultation, s/he will take an X-ray, and perhaps create a mold of the relevant areas in your mouth.

The second or third appointment will most likely be when the actual dental implant placement occurs. The dentist will numb the site(s) where the implant(s) will be placed (and administer any other medicine needed to help with anxiety, etc). After this, a hole will be drilled into the jawbone for each titanium post. Finally, the titanium posts (the implants themselves) can be screwed into the hole(s) until they're well "seated."

It's important to mention here that this appointment will most likely be for dental implant placements only. It's highly unlikely that the dentist will

attach anything to the dental implant(s) that day.

*Remember that technical word, “osseointegration”?*

Well, that needs to happen, before any abutments, crowns or dentures can be attached to the dental implants.

**Osseointegration (essentially, the bone fusing to the screw-like surface of the dental implant in the jaw) usually takes three to six months.** And osseointegration must occur before you can safely place an abutment or crown onto an implant, or clip a denture to an abutment/implant combination.

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**IMPORTANT:**  
**"OSSEOINTEGRATION" CAN**  
**NEVER BE RUSHED. IF ANYTHING**  
**IS ADDED TO THE DENTAL**  
**IMPLANT TOO SOON, YOU CAN**  
**BET THAT IT WILL FAIL**

---

The following is a *rough sample schedule* of a dental implant procedure for one dental implant being placed, with a single abutment and crown being “loaded” onto an implant when it’s ready.

*\*Please keep in mind, this is a just a hypothetical approximation that excludes any pre-existing dental, medical or physical conditions that may add any complication(s). Consider this “the gist,” to give you an idea of how the process is scheduled out:*

### ***Initial Consultation:***

Dentist evaluates the area where the implant is being placed.

### ***Appointment 2:***

X-rays, and potentially a mold of the mouth, are taken. A dental lab will fabricate a custom surgical guide to use during the procedure.

### ***Appointment 3:***

Implant Placement – Implant is “placed” in the jawbone, and then given time to heal while the bone fuses to the surface of the implant.

**\*\*\* 3 - 6 MONTHS LATER\*\*\***

***Appointment 4:***

Impressions are taken for the crown (or replacement “tooth”)

***Appointment 5:***

The crown (or replacement “tooth” we see above the gum line) is attached to the integrated implant with an abutment

As you can see, there are a few appointments associated with even the simplest case involving a single dental implant.

However, while it’s true that a drawback to dental implants is the amount of time it takes for them to heal and fully integrate into the jawbone, the **long-term benefits can far outweigh the minor inconvenience of the “wait time.”**



## **2. TAKING CARE OF YOUR DENTAL IMPLANTS**

Once the process is complete – and you get your teeth back! – **you** become the most important person in the life of your dental implants.

To stay healthy, strong and functional, they need you to take care of them!

This is no different than any other kind of oral hygiene: dental implants require maintenance every day (if you want them to “last a lifetime”). Similarly, if you neglect them, you can expect to have the same troubles you have with natural teeth when you don’t take care of them.

And so, dental implants need routine maintenance.

Just few minutes of your time each day can **prevent** bone loss, bad breath, pain, gum infection, gum disease and **increase** your enjoyment of eating, speaking, smiling and the overall likelihood of lasting implant success.

Keep in mind, that “maintenance” doesn’t mean

“high maintenance.” You don’t have to do anything very different than you do with natural teeth. A good routine of basic oral hygiene is sufficient.

**For example:**

***You have to brush:*** as you may already know, plaque on your teeth allows bacteria to breed – and bacteria leads to infection. So if you let plaque build up on your teeth, clip-bar, etc. (basically anywhere in your mouth), you’ve opened the door to infection and invited it to come right in!

*Brushing* is your best defense against bacteria. You don’t have to be overly vigorous: a simple routine of brushing for two (full) minutes in the morning, after every meal if you can, and before sleep will do the trick.

*\*Note:* Your saliva naturally cleans your mouth – but while you’re sleeping, it doesn’t clean your mouth as effectively... so brushing in the morning is very important, in order to get rid of any extra plaque that builds up overnight.

Finally, the added benefit of brushing regularly is that it stimulates your gums every day, which keeps

them healthy – and gives them the strength to fit “snugly” around your implants (we’ll discuss the importance of this shortly).

***You have to floss:*** You can’t reach everything with a toothbrush! And so flossing is crucial when it comes to getting into tight places that even the most thorough brushing won’t be able to reach.

For your natural teeth, you can use the floss you’ve always used. To floss your posts and/or bar, most dentists recommend a braided, or woven floss – and some even come with “threaders” to help you get around bridgework or connector bars.

The most important thing to do is floss with a material that you’re comfortable using. The dentist you choose for your dental implant surgery (or his/her dental hygienist) can help teach you how to floss with implants, and help you select the product you like best for the job.

***You have to rinse:*** Brushing and flossing releases bacteria and debris from your teeth, implants and gums, straight into your mouth. So rinsing all that out at the end of your oral hygiene routine is very

important. You can also use a mouthwash to rinse more thoroughly, in order to protect against any bacteria that wants to make a home in your mouth and breed there.

***You have to be gentle as well as thorough:*** Scratches on the metal surface of your implant posts and bar are a fabulous breeding ground for bacteria; so it's important to avoid ANY tool or technique that may damage the surface of any part of your implant structure.

It goes without saying that you shouldn't use any hefty cleaning tools (metal picks, etc.) around anything to do with your dental implants.

Also, when you're brushing and cleaning, don't use unnecessary force – sawing on your gums while flossing is another no-no.

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**RULE OF THUMB: THOROUGH  
+ GENTLE = GOOD DENTAL  
IMPLANT MAINTENANCE**

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***You have to make time:*** Making time to commit yourself to a routine cleaning process for your mouth is the same as making time to put on makeup, shave your face or style your hair.

Once you integrate a gentle, and thorough, dental cleaning into your routine every day, it will become automatic – and the few minutes you take to clean properly on a daily basis is virtually priceless.

You spent a lot of time, effort and dollars on getting your teeth back... and it only takes a scant few minutes a day to protect that investment.

***You have to monitor:*** YOU are the best person to detect any problems with your dental implants. Inspect your gums – any bleeding while flossing or brushing is a red flag. Redness that looks “angry,” as well as swelling, are also signs of infection.

Additionally, your implants should never cause you pain, or move around whatsoever.

If you detect any of these problems, *call your dentist immediately* – do not wait for your next appointment.

Another great way to monitor the health of your dental implants is by making, and keeping, *regular follow-up appointments*. A professional can:

- i. Remove all the plaque you can't reach, with all the training and equipment you don't have at home
- ii. Professionally check your implants, gums, bones and your bite for health and stability.

This is important for catching small, emerging problems before they become bigger, more painful (or more expensive) issues.



# CHAPTER SEVEN

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## ARE DENTAL IMPLANTS SAFE?

1

...

*Safety*

2

...

*Success Rates*



## **1. SAFETY**

Dental implants are as safe as the dentist you choose to perform your dental implant surgery.

With the right planning, training, experience and equipment, dental implants have a **very high safety and success rate**.

It's a good idea to ask a lot of questions.

Make sure the dentist you choose has excellent training and experience.

Finally, a dental implant procedure should be planned **carefully** and **methodically**.

A well-performed surgery will take some time to plan and execute; so if your dentist seems like s/he is in a hurry to get your implants placed, that's a serious red flag for you to consider.

## **2. SUCCESS RATES**

The success rate of dental implants can vary based on which dentist you choose, their training and experience, as well as other dental/medical factors.

However generally speaking, **dental implants have a success rate of up to 97% – and with proper care, they can last a lifetime!**



*Generally speaking, a dental implant can feel, function and “fit right in” like a natural tooth root*



# CHAPTER EIGHT

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**WHAT IF YOU DON'T HAVE ENOUGH  
BONE, OR GUM TISSUE, TO SUPPORT  
AN IMPLANT?**

1

...

*Bone Grafting*

2

...

*Soft Tissue Grafting*

**Y**ou can choose the most experienced dental implant specialist on earth – and you can have the best oral hygiene possible – but sadly, dental implant surgery can still go badly if there are some basic elements missing at the site of the implant.

The site for a dental implant must have enough:

- Quantity (and quality) of bone
- Gum tissue

Tooth loss, bone loss, tooth decay and gum disease can all negatively affect these conditions, and make them less-than-ideal for the placement of a dental implant.

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**SADLY, DENTAL IMPLANT  
SURGERY CAN STILL GO BADLY  
IF THERE ARE SOME BASIC  
ELEMENTS MISSING AT THE SITE  
OF THE IMPLANT**

---

Challenges like these can be conquered with some auxiliary procedures that can be performed in order to overcome challenges like not having enough bone, or gum tissue, where the implants need to go.

**We'll cover two of the most common auxiliary procedures here:**

## **1. BONE GRAFTING**

This is performed when the patient does not have enough quality bone density at the site of the implant. Human bone regenerates very well, and bone grafting is a great way to help it along!

The most common auxiliary procedure used in preparation for implant surgery, **a bone graft can be necessary for up to 90% of dental implant cases.**

## **2. SOFT TISSUE GRAFTING**

It's common to see gum tissue shrink as people age. Ever heard of the expression "long in the tooth"? Well, that's where it came from. However, teeth don't actually grow longer – the gum line is simply receding as the tissue diminishes.

**For a successful dental implant placement, quality soft tissue is very important for a couple of reasons:**

*- Gum tissue needs to fit tightly around the implants in order to act as a barrier;* the gums defend against bacteria that can cause implant-threatening periodontal diseases.

*- Healthy-looking gum tissue is crucial to an attractive smile;* which (in addition to the joy of restoring the full functionality of your mouth) is what dental implants are all about!

Whether for looks, or for the protection of the implant from disease-causing bacteria, up to 1/3 of dental implant patients require some form of soft-tissue grafting.

Aside from bone and soft tissue grafting, there are other auxiliary procedures to help with anatomical structure (such as nerve repositioning).

However the main thing to realize is that if there are problems with the condition(s) at the site of an implant, these challenges can usually be overcome.

# CHAPTER NINE

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## DENTURES, BRIDGES AND IMPLANTS: *COMPARISON CHART*

As you know, dental implants  
aren't the only way to go.

**Here is a chart that will allow  
you to review and compare** three  
of the most common methods for  
“filling in the blanks” when you're  
missing teeth:



	<b>Length of treatment</b>	<b>Results of Treatment</b>	<b>Aspects of Routine Maintenance</b>
<b>Bridges</b>	Up to four weeks	The aesthetic "tooth," or crown, is replaced	Patient must clean under the bridge with floss threaders on a daily basis
<b>Complete Denture</b>	Up to five visits to the dentist are required	The patient looks like they have teeth – and so aesthetically pleasing results can be achieved	Extensive daily maintenance is necessary Patients must clean their dentures after meals. Dentures should also be routinely soaked overnight in order to remove bacteria and prevent staining
<b>Dental Implants</b>	Three to six months in total	Appearance, feel and function of the teeth and mouth can be completely restored	Patient must perform routine, regular home care (the same as brushing and flossing natural teeth) "Check-ups" by a professional are recommended approximately every four months

## Nine: Dentures, Bridges, Implants – Comparison Chart | 101

How long do results last?	Pros	Cons
With the right maintenance and conditions, up to 15 years	<p>The tooth (or teeth) is/are replaced “aesthetically,” or above the gum line</p> <p>The adjacent teeth will not be able to “crowd” into the gap(s)</p> <p>The patient’s bite is improved</p>	<p>Perfectly healthy teeth on either side of a “gap” may need to be reduced, in order to attach bridge</p> <p>If one of the attached teeth fails on either side of the bridge, then this will cause the entire bridge to fail</p>
<p>With the right maintenance and conditions, dentures can last up to 10+ years</p> <p><i>*Relining may be necessary during this time as the jawbone atrophies</i></p>	<p>It’s possible to achieve a more youthful appearance</p> <p>Dentures can help support the patient’s lips and cheeks</p>	<p>Chewing efficiency can be lessened</p> <p>If not fixed into place, dentures can fall out</p> <p>Jawbone will continue to atrophy</p> <p>Dentures can impede speech, and if not “fixed” into place properly, they can fall out</p> <p>As gums wear down, and nerves rise closer to the surface, dentures can become painful</p>
<p><i>Titanium implant below gum line: with the right conditions and maintenance, the lifetime of dental implants can be indefinite (perhaps forever)</i></p> <p><i>Crown (restorative “tooth”) above the gum line: can last up to 15 years</i></p>	<p>The closest in looks and functionality to having natural teeth</p> <p>Healthy, adjacent teeth will not be affected (or reduced) during treatment</p> <p>The daily maintenance required is the same as it is for natural teeth</p> <p>Preserves the jawbone by stopping bone loss</p> <p>97% success rate over a 40-year life span</p> <p>The patient can eat whatever they like! The ability to chew normally is restored</p>	<p>An abutment screw (the device that attaches the crown – or “tooth” – to the implant) can loosen or break</p> <p>The procedure requires an anesthetic</p> <p>In some cases, the entire process can take up to six months (<i>or more, depending on whether or not auxiliary procedures are required to build up bone or soft tissue, for example</i>)</p>



# CHAPTER TEN

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## THE DRAWBACKS AND BENEFITS OF DENTAL IMPLANTS

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YOU DON'T HAVE  
TO LIVE WITH  
DISCOMFORT, SELF-  
CONSCIOUSNESS OR  
INCONVENIENCE FOR  
THE REST OF YOUR LIFE

---

**D**ental implants aren't nearly as invasive, or as painful, as some people think. The most notable drawback to dental implants is, simply, the healing time.

However biology can't be hurried! Once a dental implant is placed, the jawbone has to fuse to its surface, and the body must be allowed to heal in its own time.

When this process is rushed, the pressure from chewing, and even from the tongue, can wiggle the implants loose – causing them to fail.

However, with patience during healing time, as well as standard regular maintenance or the occasional check up after restoration, the long-term benefits of dental implants are well worth the wait.

**With dental implants you can improve:**

- Your appearance (dental implants look and feel like normal teeth)
- Your speech, and your comfort
- Your normal chewing ability (you can eat what you want!)

- Your self-esteem
- Your overall oral health
- ...and, your quality of life.

Losing a tooth, or all of your teeth, can be traumatic – and at the very least, uncomfortable...

But you don't have to live with discomfort, self-consciousness or inconvenience for the rest of your life.

With dental implants, it's possible to get your teeth back and make your mouth "whole" again.

Hopefully this guide to dental implants has brought you a little closer to understanding how they work and addressed your potential concerns or fears about them.

At the very least, should you choose to meet with an implant specialist, you can walk into your first consultation fully informed, and feeling like you're prepared to **make the best decision for you, your mouth – and your health.**



# ANY MORE QUESTIONS?

## COMPLIMENTARY DENTAL IMPLANT CONSULTATION

**Come on in and talk to us** to see if you're a candidate for dental implants. See how your teeth can be restored or improved!



*Before*



*After*

***Lance R.***



Hopefully this book helped to answer some of your concerns/questions about dental implants, to bring you closer to making a decision about whether or not they are right for you.

If you'd like to find out more, you're welcome to call us and schedule some time to sit down with Dr. Angela R. Cameron.

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### **AT YOUR COMPLIMENTARY CONSULTATION, YOU WILL:**

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- **Meet your dental implant team**
- **Receive information about treatment options**
- **Receive a no-obligation estimate**
- **Receive information about payment plans** in order to help save you money and remove any barriers in the way of you getting the treatment you need.

We offer easy “Smile Today, and Pay Later” payment options through Care Credit. This includes interest free payments up to 18 months OR if you need additional time, then up to 60 months with interest. Each payment plan is customized for the patient’s individual financial needs. We also accept: Cash, Check, Mastercard, Visa, American Express and Discover Card.

- **If you decide to move forward** with being a patient at our office, we will provide a complimentary \$100 Gift Certificate to use towards your New Patient Visit.

If you’re interested in learning more, **schedule your consultation today to come in, and talk to us.**

We will simply take a look at your dental needs, answer your questions and Dr. Angela R. Cameron can make some recommendations based on what your mouth presents to us.

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**HERE ARE SOME BEFORE & AFTER  
PICTURES OF PATIENTS WHO HAVE  
HAD PROCEDURES PERFORMED  
BY DR. ANGELA R. CAMERON:**

---

*Amy W.*



*Before*



*After*



*Before*



*After*



*Before*



*After*





*Before*



*After*



***Tim V.***



*Before*



*After*

**Our Contact Information**

*Phone or Text: 423-928-8359*

*Website: **SophisticatedSmiles.com***



*/sophisticatedsmiles4U*



*/angelarcameron*



*/sophisticatedsmiles*

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**HERE ARE SOME FIVE STAR  
REVIEWS FROM PATIENTS OF  
DR. ANGELA R. CAMERON:**

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“Wonderful experience! I absolutely recommend Dr. Cameron for any dental needs! She is very caring, extremely competent in her field and made my restorative work very manageable!”

— Esther P.



*Follow Us On Social Media:*   

“Dr. Cameron and her staff are amazing! The professionalism and friendliness from this office is outstanding! I have never been to a more thorough office. They did a great job at explaining the dental work I was having done. I had crowns on my front teeth and they look great! I can’t stop smiling! This was a dream come true for me! I’ve always had small teeth and I’ve needed this done for awhile now. After visiting Dr. Cameron’s office the first time, I trusted her to do the work. She is very good at what she does. I’m very grateful I came across this office. They took good care of me! The time of this review my crowns are only temps so I can’t imagine what the permanents will look like. I’m excited to find out! Thank you again for my beautiful smile and everything you ALL did! You guys are the best!!”

— Amanda B.



“I’ve been seeing Dr Cameron for 12 years.  
She did my veneers and has helped me keep a  
severe case of periodontal disease in check. She is  
wonderful. The hygienists and the front office are  
also great.

The main thing to know about Dr Cameron’s  
office. Imagine getting a spa like experience at the  
dentist. You’re still visiting a dentist but they make  
you comfortable with massage chairs and neck  
wraps. They are awesome.”

— Brandon H.



“Dr Cameron and her team are great...always  
kind, professional and welcoming...My smile  
makeover was life-changing and I am thankful for  
Dr Cameron and her talent.”

— Keith B.





“I really love Sophisticated Smiles and I have been going here as long as I can remember! All of the staff are very friendly and you can even see the smiles behind their masks. Dr. Cameron has such a sweet and caring personality! She always makes me feel comfortable during any appointment or procedure! :)”

— Gretchen H.



“Dr. Cameron has been taking care of my teeth for 6 years now. I did Invisalign with her and love the results. Everyone in the office is always super friendly. They do little things to take care of their patients like give ornaments around Christmas and offer neck wraps and chair massagers while you get your teeth cleaned.”

— Katy B.



“I was excited about my appointment. Yes for a dental appointment. Not only did my visit meet my expectations but excelled over and beyond them. Yes I cried with joy!! I can recommend Dr. Cameron and staff to meet yours too!!!”

— Jennifer S.



“Dr. Cameron has provided excellent care to my husband, William, and me. Her staff provides excellent care. Her dental hygienist, Cindy, is the best hygienist I have ever had. She is very careful and thorough. Christina is an excellent dental technician.

I recently had some cosmetic dentistry done. Dr. Cameron and Christina made my experience a very good one. I am very happy with the results.”

— Lee K.



“I absolutely love the team at Sophisticated Smiles!!! I have been going here since 2015 and it’s like no other dental experience you will ever have! Dr Cameron is fabulous and knows her stuff! She does not miss a detail!! Cindy my hygienist is the BEST I have ever had! She makes my cleanings enjoyable! I also appreciate how clean and nice their Dental office is! Feels more like the SPA! You must check them out”

— Kelly R.



“Dr. Cameron is amazing. I have been going to her for 10+ years and honestly trust no one else with my oral care. PS...their massage chairs are THE BOMB!!!”

— Regan J.



“Truly a five star service. Dr. Cameron and Caroline Edwards were fantastic and professional in placement of the permanent crowns, They told me what to expect and how each step should be performed. I had an excellent visit and will definitely suggest to everyone that Sophisticated Smiles should be their family’s go-to for all dentistry needs.”

— Phillip M.



“Dr. Cameron and her staff are always very kind, and eager to help with any questions or concerns. They remember little details, like needing an extra rinse after polishing, and always make sure I’m comfortable during my cleanings!”

— Sara D.



“Sophisticated Smiles personnel from checking in  
at the front desk throughout the process

Made me feel comfortable and secure that  
they are highly capable to preform any and every  
procedure I have had over the past three years  
AND for my son who had A COMPLETE  
MAKE OVER BOTTOM AND TOP TEETH  
AND WHO HAS SOME PHYSICAL  
DISABILITES WAS TREATED WITH ALL  
RESPECT I FULLY TRUST THEM FOR  
DENTAL WORK

KIND, CARING, and The Best at what they do

Dr Cameron and her staff get 5 star rating from  
me and my son”

— Marie B.



“I can’t begin to find the words of how professional and how caring they are. The staff brings you in like family and makes absolutely sure your comfortable and well taken care of. I was nervous when I got there and Amy was so caring and friendly. She definently calmed my nerves and made me feel so welcomed. I would highly recommend anybody and everybody that needs a dentist to please come try. I promise you will not be let down.”

— Tina S.



“Everyone at Sophisticated Smiles always takes great care of me and leaves my teeth feeling better than when I came in. I trust them and highly recommend them to anyone needing dental care.”

— Mike D.



# Get Your Smile Back!

***If you, or someone you know, are missing one or more teeth*** please accept this book as a gift. It will answer the questions you have, and help you make an informed decision as you learn ***All About Dental Implants.***

If you'd like more information, you can schedule a ***Complimentary Dental Implant Consultation.*** We will take a look at your dental needs, answer your questions and the Dentist can make some recommendations based on what your mouth presents to us.

With your complimentary consultation, we include information about your treatment options, a no-obligation estimate, and we'll give you information on payment plans to help you remove any barriers to getting the treatment you deserve.

**Call us to schedule your time today.**

**“I can’t begin to find the words of how professional and how caring they are...”**

*– Tina S.*

*Google Review, April 2021*



Authored By:  
**Dr. Angela R. Cameron**

*DDS, PC, FDOCS, LVIF, FAGD, FPFA*

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SMILES**



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