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Replacement of Missing Teeth with Dental Implants



A special report by

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Finalist young dentist of the year

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*"I love providing and supporting my patients through dental implant treatments.
I have seen patients regain confidence, and the ability to chew.
I also always see an improvement in dental health
as patients become more motivated.
This is why I do what I do – it is life changing."*



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Reasons for Replacing Missing Teeth

1. Appearance

Missing only a few of your teeth can affect the appearance of your face and cheeks. Another complication of missing teeth is bone shrinkage (resorption). When bone shrinks, the jaw contours tend to shrink, sometimes resulting in wrinkled lips and a sunken mouth. This can make you appear older.

2. Chewing capacity and quality of life

Several studies have observed that poor quality of life and chewing disability are related with the decrease of the number of natural teeth.

3. Dental disease prevention

Teeth are arranged in the jaw in such a manner so that they support one another and withstand the chewing forces together as a team. When one is lost without being replaced, it sets into motion a collapsing situation where teeth begin to move out of position and alignment. A situation like this is often ignored for too long. However, destabilisation that occurs with dental collapse happens over a period of time. The signs are not as obvious and damage is often taking place silently. It is easy to understand why treatment recommendations are sometimes ignored or postponed.





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4. *General health*

It is now accepted that the health of the mouth is directly related to general health. There is a link between gum disease and heart disease. A recently published study found that loss of multiple teeth was linked to a higher incidence of dementia.





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What are the Options for Replacing Missing Teeth?

1. Removable denture

A removable denture is usually made out of chrome and/or acrylic. It is passively fitted on top of the gums or palate which means that it can be difficult to get used to. It has been associated with gum problems and dental decay as food usually stick underneath it. Chewing capacity is significantly reduced and the consequence of shifting food to the remaining teeth (if present) results in further damage. The benefits of this treatment option includes the following: low cost as compared to other options, can be used as a temporary appliance during dental implant treatment.

2. Fixed dental bridge

With conventional methods, the two healthy neighboring teeth have to be ground down in order to fix a bridge in place. This results in a loss of natural tooth surface. Furthermore, the bridge does not transmit chewing forces to the jaw bone, so bone deterioration may also occur.





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3. Dental implant

The dental implant replaces the root of the original tooth, while the healthy neighboring teeth remain intact without having to be ground down.





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What is a Dental Implant?

A dental implant is a small but strong post made from biocompatible metals (similar to those used for hip and knee replacements). The dental implant replaces the natural tooth-root. It is placed underneath the gums and the post then acts as a support for a porcelain crown.



The healing phase is 4- 12 weeks depending on the individual situation. During this period the implant becomes securely attached to the jaw bone - a process called osseointegration. Once healed, this artificial root acts as a base for fixing individual crowns, multi-tooth bridges, or an entire dental prosthesis.

Single missing tooth



Multiple missing teeth / implants to improve denture retention

Implant bridge



Implant denture





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Benefits of Dental Implants

1. Preserves your facial structure

Implants transmit chewing forces to the jaw bone. This is not the case if teeth are missing, or when a conventional denture has been put in place. If these forces cease, the bone may slowly recede and the shape of the face may change over time.

2. Maintains your smile

Functionality and visual appearance go together. An implant-borne restoration looks like a natural tooth.

3. Merges with your body

. By contrast, a dental implant is simply an artificial root, which on healing, merges with the body and acts like a natural one.

4. Enjoy life despite missing teeth

Laughing, kissing, singing and eating like before – implants can support you in regaining your quality of life. Missing teeth can mean self-consciousness and insecurity, and ill-fitting dentures can cause permanent discomfort. These inconveniences come to a welcome halt with dental implants.

5. Your teeth don't have to be ground down

With a conventional bridge, the healthy neighboring teeth to the right and left of the missing tooth have to be ground down to support the bridge. When using an implant to close the gap, the neighboring teeth are not affected and the natural tooth surface remains intact.

6. No more ill-fitting dentures!

Even the best prosthesis will always be a foreign body that requires extensive care and future maintenance. Possible discomfort or pressure sores, as well as time





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consuming use of adhesives are the inconvenient side effects of conventional dentures. Furthermore, ill-fitting dentures can result in insecurity and self-consciousness





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FAQ about Dental Implant Treatment

Are there any risks when placing implants?

Implant therapy is not an experimental approach; rather it is a well-proven, state-of-the-art medical dental technique that has been scientifically tested and used for decades by dentists and surgeons worldwide. Depending on the condition of each patient, potential risk factors may vary. Bad oral hygiene or limited healing of the wound due to pre-existing medical conditions may reduce the odds of the implant remaining in place. Since every procedure carries potential risks, your dentist will evaluate whether dental implants are the option for you.

Is the treatment painful?

We take all measures to control pain and discomfort. The treatment is undertaken with local anaesthetics, same as when you have other types of dental treatment. Pain is surprisingly low and most patients take over the counter pain relief for 2-3 days following treatment.

Is there any age limit to implant therapy?

In young patients, dental implants can only be placed once their jaw bones are fully developed. At the other end of the spectrum, there is no age limit, given of course that the patient does not display any significant medical risk factors. This will be evaluated by Dr Milisha.

How long do I have to wait for my final restoration?

After insertion of your implant, the bonding process (osseointegration) takes about 6-8 weeks. In this time, the implant reaches the stability needed for it to bear weight like a natural tooth. As always, healing times can vary depending on the individual patient.





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Types of Dental Implants

Does the type of dental implant matter?

There are more than 100 types of dental implants on the market. Not all of these implants have been around for a long time and the materials are not always properly tested in clinical and non-clinical trials. The materials used will influence the cost of treatment as well as long-term success. We only use top of the range implants and materials that have been backed up by decades of research.

What are the materials and surfaces of our dental implants?

We only use Straumann dental implants. Straumann is a market leader in dental implants. The implants are swiss-made and have been thoroughly researched and documented.

What are Straumann implants made of?

Titanium (commercially pure) is a biocompatible metal, non-toxic and well-tolerated by the body. Its many medical uses include surgical implements and implants, where high strength and low weight are preferred. Those implants that are made from titanium have been shown to bond very well to living bone and can last for decades. Roxolid® is a groundbreaking material from Straumann specifically designed for use in dental implantology. It is a titanium-zirconium alloy, stronger than pure titanium with excellent osseointegration properties - a combination which is unique in the market of dental implants.

What distinguishes the Straumann dental implant system?





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Straumann has been developing and manufacturing dental implants since 1974. Together with Swiss precision engineering and clinical excellence, the Straumann® Dental Implant System has earned worldwide trust, and is one of the best documented with more than 35 years of extensive scientific, clinical evidence and support by more than 700 scientific publications. When quality really matters to you - original Straumann components are your recommended choice.





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What is the treatment procedure?

A thorough diagnosis, individual consultation and competent dental treatment are the vital cornerstones for successful dental implantation.

Step 1: Diagnosis and decision making

After gathering information via X-rays, the dentist assesses the treatment options open to you. The advantages and disadvantages of the various solutions are discussed so that you are well-informed on every aspect of the procedure before making a decision. Sufficient bone must be present in order for implantation to go ahead. There are patients who have insufficient bone and require augmentation, for example if a tooth has been missing for a long time and the jaw has already receded.

Step 2: Implantation - the implant is anchored in your jaw

The implant is inserted under local anesthetic. Depending on the individual case, a temporary tooth/teeth may be placed on the implant during the healing stage. This allows you to enjoy a natural looking smile early on in the process. Sedation is available for patients that feel nervous about the procedure. An after-care bag and 24/7 phone numbers are provided for your peace of mind.

Step 3: The healing phase - the implant bonds with your bone

Until the implant is securely attached to the jaw bone, a healing phase of 4-12 weeks is expected. Each case is individual. After two weeks, stitches are removed. Diligent oral hygiene is now vital for successful healing.

Step 4: Your new teeth are made by a dental technician

As your implant bonds itself to the bone during the healing phase, our talented dental technicians proceed to create your personalized tooth. This will then be inserted once the healing phase is complete.





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Step 5: Placement of the final restoration

Your final restoration is connected to the implant, leaving you free to smile, bite and chew like before.





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How do I Care for my Dental Implant After Treatment?

Straumann dental implants are an excellent option and investment in your health. For long-term success, taking care of your implant is important. As with natural teeth, implants require the same regular check-ups and conscientious oral hygiene. Once you follow these guidelines, your implants can be maintained for decades. I do see a strong relationship between implant success and the level of home-care.

It's a cooperation between you and the dental practice team

Both dentist and patient contribute to the long-term success of a dental implant. Regular check-ups and preventive visits to the dentist/hygienist are necessary.

- An individual oral care plan will be given to you
- You will be kept updated on special cleaning techniques
- Good care and twice yearly checkups help the implant stay firmly put for years

We will provide complimentary products to get you started once your dental implant treatment has been completed.





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Costs and finance for dental implant treatment

Your health is your wealth. Dental implant solutions provide: a better quality of life, comfort and convenience, improved oral health & physical appearance. You cannot put a value on these things; however there is a monetary aspect when it comes to deciding between dental implants and conventional restorations. Interestingly, studies suggest that in some cases implants may be less expensive in the long term. Contrary to what you might think, conventional dentures are not always cost-effective.

What determines the cost?

The initial layout for dental implant treatment varies on how many implants are needed and if bone augmentation is required. Other factors include the surgery itself, lab work, the prosthesis and the dentist's and dental technician's fees. A cost plan will be developed only when all of these aspects have been addressed.

Sample cost plan for a "straight-forward" implant

More details about prices can be found on our website. Prices are inclusive of implant components, laboratory fees and all review visits during your implant treatment. The cost for a straight forward implant treatment is described in the below table. This is an estimate. Each patient will require different approaches and treatment strategies depending on their needs.

Consultation	£96
Records and treatment planning	£350-£450 depending on the no. of implants
Dental implant placement	£1850
Removal of sutures	£0
Gum conditioning	£0
Dental implant restoration	£1100
Review following implant treatment	£0





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Payment options

1. Pay as you go. We will let you know what is due at each visit.
2. Finance over 12-36 months

Example finance for a single tooth implant

	Option 1	Option 2	Option 3
<i>Monthly payments</i>	£243.38	£131.38	£131.59
<i>Duration</i>	12 months	24 months	36 months
<i>Interest rate</i>	0% APR	7.9% APR	9.9% APR
<i>Deposit</i>	£29.50	£29.50	£29.50
<i>Total payable</i>	£2950	£3187.68	£3396.26





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Patient testimonials

"I was very satisfied with my implant experience. Milisha ensured that the treatment progressed smoothly and professionally. As a result of the treatment, I have also noticed an improvement in my general dental health. I would definitely come back for more! "

Mr D. Nichols

*"Hi Milisha, I'm emailing you now as I'm about to go out till late. All seems absolutely fine thank you except every so often, I think I've left my denture out and panic about my gaps – gawd.....there's no pleasing some people!!! Best wishes and thanks again. I'm a new woman *:) happy"*

Ruth

"Dear Milisha. Thank you so much for all your professional care and attention to my implants. I am very pleased with the outcome and it was a great reassurance to know you were always available to respond quickly to any issue or concern during the treatment period. I have had many dentists but your patient care stands out."

Michael Clayton

"Milisha has been a fantastic support through extensive treatment and her skill and attention to detail has been very impressive. I would encourage any person contemplating implants to contact her, I cannot recommend highly enough."

David Staveley

"Having an implant seemed like a big decision at the time. But really it was completely the right thing to do and there was no need to worry about it. From start to finish the treatment I received from Ms M Chotai and her assistant Joanne, was superb. All the stages were well explained, so that I knew what would happen at each appointment. There was no real pain, just a bit of tenderness. A cleaning regime was complied with and now only a yearly check-up is required. If you can't have a bridge fitted and don't want a gap in your teeth, then go ahead and see if you are suitable for an implant. You won't regret it!"

Mrs H.West





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Before/After photos

Ian – replacement of front tooth

Ian lost his front tooth and could not get used to wearing a removable denture as he had difficulties eating and speaking with it in place. He decided to have a dental implant



Helen – dental implants to support a loose denture

Helen was wearing a full denture which was gradually getting loose. She felt conscious and anxious about the movements when she was spending time with friends and she could not eat what she wanted. Helen had 12 teeth on 4 implants. We also managed to insert a gap in the middle as per her original teeth.



Dave – 2 implants to replace missing teeth.

Dave lost 2 teeth due to gum-disease. We treated his gums and placed two implants.





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About Dr Milisha Chotai

Dr Milisha Chotai completed her undergraduate dental degree at the world – renowned Karolinska Institute in Stockholm, Sweden in 2008. She has since completed **multiple accredited post graduate training courses within the field of dental implantology**. She has Masters of Science degree in Dental Implantology at the university of Bristol, for which **she was awarded with a pass with distinction**. She has also undergone training by world leading experts in the field of dental implantology. Dr Milisha is **experienced** in the treatment planning, surgical placement and restoration as well as maintenance of dental implants. She only uses top of the range technology as well as Swiss manufactured materials. These materials have long track records and will ensure long term predictable treatment outcomes for her patients. Dr Milisha has achieved **99% success rates** on dental implant treatments, which has been verified by reviewing all implants that have been placed and restored. The high success rate is due to her **meticulous approach** together with the use of the **best materials** on the market. She also ensures that the patient has the right products and understanding of the aftercare required to maintain the dental implants.



Dr Milisha is very passionate about all aspects of implant dentistry and loves working together with patients to deliver treatment to the highest standards. She was also shortlisted as finalist for the **Young dentist of the year award 2017**. Dr Milisha is a **honorary lecturer at the University of Bristol** and **clinical supervisor** for the postgraduate Masters degree in dental implantology at the university of Bristol.





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How to make an appointment

We would love the opportunity to help. You can book an appointment with Dr Milisha via phone or via email. Alternatively, feel free to pop up in to meet one of our lovely receptionists who will be delighted to help you out.

Our contact details

Newnham dental practice
14 Newnham street
Ely
CB74PE

Phone: 01353-667200

Email: info@newnhamdental.co.uk

Website: www.newnhamdental.co.uk

VIP Appointment Request

