



PORTMORE  
DENTAL

What you should know about  
DENTAL IMPLANTS

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EXPERIENCE MEANS EVERYTHING

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## INTRODUCTION

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### CENTRE OF EXCELLENCE

Everything we do at Portmore is driving towards a better patient experience. We believe in relationships, which is how we deliver clinical excellence with exceptional service.

It's no different with oral surgery and dental implants. If this area of clinical work is more complex, it's delivered with the same commitment to customer service.

Implant dentistry is truly life changing dentistry. We have seen this with our patients so many times, and it begins with gentle encouragement and instilling trust.

### EXPERIENCE MEANS EVERYTHING

We think your experience matters just as much as the quality of the clinical work we do. We believe both aspects of dental care are too important to compromise on, and so we don't make compromises. Ever.

Your experience begins the first time you pick up the phone and our aim is to listen and stay attentive to your needs at every stage through to your after care support.

Our job isn't just to deliver clinical excellence, we want you to be confident and happy in our care which is why we will be by your side every step of the way.

We believe we have created something special at Portmore, a service experience where all your needs are anticipated and the quality of the clinical work is unsurpassed. We really appreciate that you have placed your trust in us financially and clinically. We're always thinking about what you need to feel comfortable so that we can provide it before you need to ask.

### PHILOSOPHY

Losing even a single tooth can be extremely distressing, it affects confidence as well as having the potential to affect your long-term health.

Implant dentistry can literally change a person's life; with its natural-looking and long lasting results, patients who undergo treatment no longer feel embarrassed about their smile, boosting confidence and self-esteem.

We understand that choosing a dentist is a very personal decision. After all, it can be a significant financial commitment as well as a relationship that can last for many years influencing your overall health and wellbeing.

Trust is the most important part of this relationship and we start to build this by listening. We're here to meet your needs, to work with you, to understand precisely what it is you want and take the time to discuss all the options available. Then we promise to exceed your expectations. The combination of first class service and clinical excellence delivered in calm, comfortable surroundings ensures that you will feel special and cared for.

When you are happy in your surroundings and feel well looked after, it helps you to enjoy the progression of your treatment and look forward to each appointment.

To achieve the highest standards we are constantly reassessing what we do and how we do it. There is always something more that can be done, and by keeping the lines of communication open between ourselves, our patients, our peers and colleagues we continue to grow and develop.

Our team have travelled the world to train so that they can provide you with the latest and most up to date dental care possible. As for the equipment we have invested in and the materials we use for clinical treatment, only the very best will do. Our practice includes an on-site lab for quicker turnaround, as well as computer aided smile design software, 3D imaging, digital X-ray capability and treatment rooms at the cutting edge of healthcare.

DR JOHANN STYGER  
BCHD (Pret), PDD (Stell), DUIOFP (Lille)  
Implantologist - GDC No. 69934

Dr Johann Styger is a leading authority in the field of implantology completing 1000's of cases and changing the lives of many patients by rebuilding their mouths after significant tooth loss.

He qualified in 1987 at the University of Pretoria in South Africa. He received a degree in Implantology at Lille University in France and was honoured at the American Academy of Implant Dentistry, where he became an Associate Fellow. He is a European Opinion Leader for the BTI Biotechnology Institute.

Johann has a unique passion for implant and surgical dentistry. He spends 90% of his clinical time carrying out implant surgery in the dedicated implant suite at Portmore. Patients have travelled from across the UK to be treated by Johann and he accepts referrals for complex surgical dentistry from GDP's throughout the South East.

Johann believes in the Portmore ethos of listening carefully to his patients in order to treat the whole person and take a whole mouth approach to dental care. He then tailors treatments from his extensive knowledge of implants, smile makeovers, crowns, bridges and cosmetic dentures to create beautiful, life changing smiles.



## A LIFE-CHANGING JOURNEY

This advanced work has changed the lives of many patients by rebuilding their mouths after significant tooth loss with treatments such as the All On 4 system or by securing dentures with implants.

### WHAT IS A DENTAL IMPLANT?

An implant is a small, titanium cylinder that is placed in the jawbone to act as a replacement tooth root and serve as a base for your replacement teeth, whether that's a dental crown, fixed bridge or denture.

Implants are used to fix a crown, a bridge or a prosthesis that replaces one or more missing teeth. The aim is to improve your health, chewing function and aesthetic appearance.

Studies show that dental implants, once successfully integrated and properly maintained, can last a lifetime making them an excellent long-term investment in your health and wellbeing.



## TREATMENT OPTIONS

### IMPLANTS FOR MISSING TEETH

Dental implants are the best-known treatment to replace single or multiple missing teeth because they feel and behave just like natural teeth. You won't be able to tell the difference, and after a while it's likely you'll forget they're even there.

Implant technology allows us to restore teeth independently of each other which means that we don't need to cut healthy tooth tissues to fit supports for bridges.

### BENEFITS OF IMPLANTS FOR MISSING TEETH

- ◆ They look and act like your natural teeth
- ◆ You can eat, laugh and smile with confidence again
- ◆ They help to preserve your surrounding teeth and bone
- ◆ They are a fixed, permanent long-lasting solution

### REPLACING SINGLE OR MULTIPLE MISSING TEETH

The procedure to place implants to replace single missing teeth is straightforward, with little downtime for our patients, because there is little need to treat surrounding teeth.

Once a crown is placed over the implant it appears indistinguishable from a natural tooth, blending in with your existing teeth so you feel confident that you have your natural smile back.

Implants can also be used to replace multiple missing teeth. Quite often we are able to give patients permanent fixed teeth where they have originally had dentures or very large gaps, and this can be truly life changing.

## IMPLANTS TO SECURE DENTURES

Dental implants are a good way to fix dentures in place because, as every denture wearer knows, any movement at all when you're in a social situation — eating out, for example — is likely to be the death knell of your confidence and self-esteem.

Implants remove the need for the denture to cover your palate, restoring speech and taste, two challenges associated with dentures. The procedure is simple, with minimal downtime in most cases, and the effects are dramatic. Patients find they can smile and eat whatever they want again, and feel long lost self-esteem come rushing back.

### WHY WE MAY RECOMMEND IMPLANTS TO SECURE DENTURES

- ◆ Insufficient bone is available to place multiple implants
- ◆ You are used to having dentures or prefer removable teeth
- ◆ You want a simple solution to enjoy the food you love again

### BENEFITS OF IMPLANTS TO SECURE DENTURES

- ◆ Eat the food you love again — steaks, apples, sandwiches
- ◆ Restore your self-esteem
- ◆ Regain confidence in social situations
- ◆ Improved comfort, appearance and function
- ◆ Improved taste and speech

**Now I smile all the time**

**"It's the best thing I ever did!"**

JUDITH

## THE ALL ON 4 CONCEPT MEANS PERMANENT, FIXED TEETH IN JUST ONE DAY!

Same Day Teeth using the All On 4 concept means patients with removable dentures, failing bridgework or broken down teeth can receive a full mouth of permanent, fixed teeth in just one visit.

By placing a minimum of four dental implants in strategic, sometimes tilted positions in your upper and lower jaw we are able to provide fixed replacement teeth using all the available bone.

This is life changing for patients who may have been advised they have insufficient bone for dental implants, or for patients who are unhappy with their current dentures or worn out bridgework.

### BENEFITS OF ALL ON 4

- ◆ You will leave the practice with a set of fixed, permanent teeth
- ◆ Minimal 'downtime'
- ◆ Removes the need for bone grafts
- ◆ Your new 'teeth' are easily maintained with the right care and advice from your Hygienist
- ◆ It is cost efficient, and we can also offer finance to spread the cost of treatment for up to five years
- ◆ A whole set of teeth can be fixed in place using just four implants
- ◆ Short surgery period (depending on the complexity of each case)



## HOW WE PLAN YOUR TREATMENT

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You will receive a lot of input and support from our experienced treatment coordinators at the outset of this significant treatment path, who will liaise with your dentist to create a treatment plan you are comfortable with.

At every stage you will be briefed so that you understand what comes next and unnecessary anxiety is completely avoided. If you are nervous we can discuss the option of conscious sedation.

Time spent on diagnosis and assessment is crucial to the design of your treatment plan and is the most important part of the whole process.

We will talk about your lifestyle, understand your priorities and agree on your desired result and discuss your options before designing a bespoke plan that will take you from where you are to where you want to be.

The initial consultation will include a thorough assessment of:

- ◆ Your general health and medical status
- ◆ Your teeth and any existing restorations
- ◆ The health and function of your gum tissue, jaw joints and jawbone
- ◆ The way you smile and how much of your teeth and gums show when smiling
- ◆ The form and profile of your face
- ◆ Dental radiography and CT 3D scan to take precise measurements and assess bone volume and density.

### POST TREATMENT

Once treatment begins you will receive guidance and support. After surgery you will leave the practice armed with everything you need to stay comfortable at home until your next appointment. In some cases this will include analgesics, antibiotics, home care advice sheets and mouthwashes.



## NERVOUS PATIENTS

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### CONSCIOUS SEDATION FOR ANXIOUS PATIENTS

It is not uncommon for some patients to feel nervous and anxious when visiting the dentist. However, for some patients their fear may cause them to avoid the dentist for years, putting off dental treatment they desperately want or need.

For these extreme cases, special help is often needed. At Portmore we offer Dental Sedation which induces a state of deep relaxation that allows the patient to feel comfortable and confident enough to proceed with active treatment. In addition, the drugs used for conscious sedation produce either partial or full memory loss (amnesia) during the treatment session, as a result, time will appear to pass very quickly and you will not recall much of what happened. Many people remember nothing at all.

Dental sedation is extremely safe and carried out by qualified sedation practitioners alongside your treating dentist. It is not unusual for dental sedation to help patients overcome their fear of the dentist for good.

**Portmore are fantastic.**

“From the warm friendly welcome to the absolute skills and competency with which they attend to you”

JOHN





## FREQUENTLY ASKED QUESTIONS

### AM I SUITABLE?

Dental implants are used for two reasons, either to replace missing teeth or stabilise dentures that have become loose, sore or a hindrance.

This means we tend to provide this treatment for older patients more often than younger patients. As people age, they are often required to take medication or supplements to help boost their general health and wellbeing. For this reason, providing implants for patients with medical problems is perfectly normal. Contrary to popular belief, most people with missing teeth are suitable for dental implants, including:

- ◆ **People older than 60**
- ◆ **Those who have high or low blood pressure**
- ◆ **People who suffer from Osteoporosis or Arthritis**
- ◆ **People who regularly take Warfarin or other prescribed anticoagulant medicines**
- ◆ **Well controlled diabetics**

As long as a full assessment is completed and treatment is planned properly and tailored to suit the individual's specific requirements, then dental implants can be placed when the above conditions are present.

Patients are assessed on an individual basis; every patient will have a thorough consultation using a combination of radiographic and diagnostic techniques, with an in depth analysis of their lifestyle and objectives.

We are careful to ensure that all patients undergoing this type of treatment are fully informed and aware of the risks and benefits. This enables us to provide treatment with a very high success rate.

### I AM A PERIODONTAL PATIENT. CAN I HAVE IMPLANTS?

Yes, periodontal patients can have dental implants. However, it is important the periodontitis affecting your remaining natural teeth is adequately treated before implant placement. It is also important to note that the risk of complications related to implant treatment seems to be somewhat higher in periodontal patients.

### WILL YOU HAVE TO REMOVE OR TREAT DISEASED TEETH PRIOR TO TREATMENT?

Despite advances in modern dentistry some teeth may have reached a stage where no treatment can save them. It is often best to remove them at an early stage, particularly if you are thinking of having implants so as to prevent further bone loss.

We would need to treat or remove all pre-existing oral infection wherever possible. The success of implant therapy can be seriously affected by infections resulting from failed gum or root canal treatments, untreated gum disease or nerve problems in the site adjacent to implants. Long standing infections of the soft tissues beneath dentures can also adversely affect healing at the various surgical stages. Sometimes treatment may be delayed whilst these issues are resolved.

### WHAT ARE DENTAL IMPLANTS FOR?

Implants are used to fix a crown, a bridge or a prosthesis that replaces one or more missing teeth. The aim is to improve your health, chewing function and/or aesthetic appearance.

### WHAT ARE THE TREATMENT OPTIONS FOR REPLACING A SINGLE TOOTH?

There are several options for replacing a single tooth. Not all of them involve implants.

- ◆ An implant can be placed into the gap left by a single missing tooth, and a crown can be fixed onto the implant.
- ◆ Depending on the condition of the two adjacent teeth, they can be prepared to carry a bridge. The bridge is cemented onto the adjacent teeth and replaces the lost tooth.
- ◆ A single tooth can also be replaced with a removable prosthesis. This is only done when other teeth in your mouth also have to be replaced using the same removable prosthesis.

### WHAT ARE THE TREATMENT OPTIONS FOR REPLACING TWO OR MORE ADJACENT TEETH?

There are several options for replacing two or more adjacent teeth. Not all of them involve implants.

- ◆ Implants can be placed in the area where the teeth are missing. Then single crowns or a bridge can be fixed on the implants.
- ◆ Depending on the condition of the remaining teeth and their distribution, these can be prepared to carry a bridge. The bridge is cemented onto the teeth and replaces the lost teeth.
- ◆ A tooth supported removable prosthesis may also be an option for replacing adjacent missing teeth. However, these are often uncomfortable to wear and are not fixed in the mouth. A tooth-supported bridge is not suitable if the person has too many missing teeth. Instead, implants can be placed and used to support either a fixed bridge or a removable prosthesis.

### WHAT ARE THE TREATMENT OPTIONS FOR THE REPLACEMENT OF ALL TEETH?

- ◆ A removable prosthesis supported by two or more implants can replace the missing teeth.
- ◆ A fixed bridge supported by four or more implants can replace the missing teeth.
- ◆ A removable prosthesis that fits onto the alveolar ridge without being anchored by implants is also an option.

### WHAT ARE THE ADVANTAGES OF REPLACING LOST TEETH WITH IMPLANTS?

- ◆ Fixed bridges supported on implants normally give the comfort and sensation of natural teeth.
- ◆ A removable prosthesis that replaces some or all of the teeth can also provide a high level of comfort providing it is well anchored on implants.
- ◆ Neighbouring healthy teeth do not have to be prepared to serve as anchors for the bridge.

### HOW LONG DO IMPLANTS LAST?

Implants have high success rates and there are reports that have assessed their performance over a period of more than 35 years. The most recent studies indicate that 90% of implants placed ten years ago are still functional today.

The long-term success of implants also depends greatly on how well they are cleaned and maintained. In most cases, as a minimum, an annual check-up is likely to be recommended so the implants can be professionally cleaned. Moreover, brushing and flossing twice a day is essential for their long-term survival.

### I AM OVER 70 YEARS OLD. CAN I HAVE DENTAL IMPLANTS?

Yes. Age is not a factor. There are no contraindications to placing implants in patients over 80 years of age. No increase in the rate of failures has been reported in most cases. If you have no other contraindications for oral surgery, you can have implants.

Johann has treated a 90-year-old lady who says treatment has given her a whole new lease of life.

### CAN I HAVE IMPLANTS IN BOTH MY UPPER AND LOWER JAW? CAN TWO IMPLANTS BITE AGAINST EACH OTHER SAFELY LIKE NATURAL TEETH?

Implants can be inserted into the upper as well as the lower jaw. Implants in the upper and lower jaw can safely bite against each other. However the attrition of implant, crowns and bridges is normally different from the attrition of natural teeth. To minimise implant loss or damage, your bite should be checked regularly.

### IS THE PROCEDURE PAINFUL?

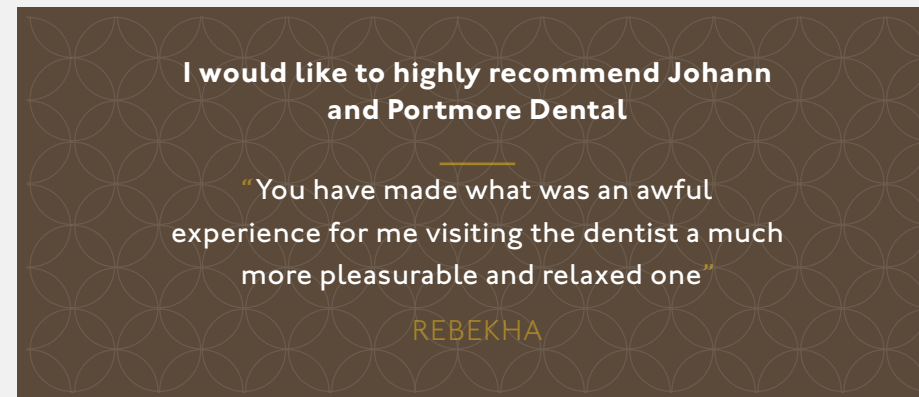
Implant placement is a minor surgical procedure and some patients can expect minor bruising or swelling following treatment, but this is not the case for every patient. Most patients have likened the after effects of implant placement to tooth extraction, in that you will experience soreness or mild discomfort in the 24-36 hours following surgery, but it would not be described as 'pain'. During the procedure we use local anaesthetic to numb the area to ensure that the procedure is comfortable throughout.

### HOW SHOULD I CLEAN MY DENTAL IMPLANTS?

Dental implants are cleaned and maintained in the same way as your natural teeth. However, it is particularly important to clean in between the implants or between remaining teeth and implants. Special interdental brushes may be used to facilitate this, along with dental floss. We will refer you to our experienced Dental Hygienists pre and post treatment so that we can show you how to maintain your new smile in the long-term.

### CAN DENTAL IMPLANTS HELP ME PRESERVE MY REMAINING TEETH?

Loss of one or more teeth in a segment of your mouth can lead to drifting of the neighbouring teeth. Similarly, loss of a tooth or teeth can lead to shifting of opposing teeth as they drift out (super-erupt) into the open space. Drifting teeth can also adversely affect the occlusion (bite), as well as the overall aesthetics of your face and smile. Dental implants can replace missing teeth and in this way may help preserve your remaining teeth.



### WHAT IS INVOLVED IN BONE GRAFTING?

Once you start losing teeth, your jawbone can start shrinking away quite rapidly, so patients in need of dental implants may first require bone grafting to build and strengthen the jawbone again. It is a common technique that we carry out routinely at Portmore to create additional height or width of bone into which to place dental implants. Bone is placed via a minor surgical procedure and forms a matrix whereby the grafted bone and your own bone fuse together to provide a very strong platform into which implants can be placed. Often we can carry out bone grafting at the same time as implant placement, which negates the need for an additional procedure.

We use different types of bone at Portmore, human (your own), synthetic or irradiated bovine bone. The type of bone we use depends on the complexity of your case, which we would discuss with you in detail prior to treatment. Benefits of bone augmentation:

- ◆ Restore a fuller look to your face
- ◆ Reverse the ageing effects of tooth and bone loss
- ◆ Secure your dental implants

## WHAT IS A SINUS GRAFT?

It is very common to find that the softer bone in the area above the upper back teeth is very shallow and not suitable for normal implant procedures. To solve this problem a procedure known as a “sinus augmentation” or “sinus lift” was developed. Bone may be successfully grown in the sinus spaces above your upper back teeth allowing implants to be placed. Specially treated donor bone from a “Bone Bank”, synthetic bone substitutes, or bone from other areas of the mouth or body is placed into these empty areas. Over a period of time this is replaced by new bone thus providing a bed into which implants can be fixed.

## WHAT IS PRGF? (PLASMA RICH GROWTH FACTORS)

Plasma Rich in Growth Factors (PRGF) is a recent technology that is transforming the patient experience in dentistry because it speeds up healing and transforms the way dentists carry out treatment.

Thinking about the recovery time following a procedure can deter patients from dental treatments they stand to benefit from for fear that they won't be able to eat or will be uncomfortable.

However, the PRGF system means that treatment can be undertaken with minimal disruption to your normal routine, and it offers greater comfort post-treatment.

PRGF works by taking a small amount of blood from the patient and placing it in a centrifuge-spinning device to isolate a type of protein from the sample. These proteins are used by our bodies in tissue healing, encouraging regeneration.

By applying this protein to the area of treatment or surgery, patients are able to accelerate their own natural healing process.

It's a procedure that helps the body in a non-chemical, non-invasive way and has already been used widely across Europe.

## Benefits of PRGF

- ◆ Decreased inflammation and pain
- ◆ Reduced recovery period, with some patients returning to work the next day
- ◆ A trusted and proven technique
- ◆ Totally safe and biocompatible
- ◆ The only treatment of its kind with European (CE) and American (FDA) approval
- ◆ Technology backed by clinical testing

**Like having my own teeth back**

**“Johann, spent a lot of time with me  
explaining what was involved”**

**JOHN**

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