

7 Steps to Finding The RIGHT Dental Implant Dentist



What You Should Know:

- What Are Dental Implants?
- The Benefits of Dental Implants
- The Process of Receiving Dental Implants
- How To Tell If You're A Candidate
- What You Can Do to Prepare for Implants
- How To Find The RIGHT Implants Dentist

“7 Steps to Finding the RIGHT Dental Implant Dentist and Getting That Beautiful, Healthy Smile You Deserve”

Hello, my name is Dr. Amir HagShenas, and I want to congratulate you for taking the initiative to request this free consumer information guide. I am well aware of just how intimidating the process of trying to find the RIGHT dentist can be, especially when you consider ALL the options you have in front of you to choose from.

You see, one of the things I've found during my many years of practice is people have numerous questions not only about which procedure is best, but also about issues such as: finding a permanent solution, distinguishing between the many service providers, and how to minimize or eliminate any pain that might be involved. As a result, I've put together this short, but highly informative information guide to help you better navigate the many choices you have.

I also want to ensure that when you finally do make a decision about both the smile-improving procedure AND the dentist you choose to provide the service, **you feel 100% comfortable and confident with the decision you've made.**

So, what should you expect to get out of this guide?

First, you should fully expect to have a better understanding of what dental implant dentistry is and how it can help you quickly achieve that beautiful, bright and dazzling smile you so richly deserve and that will last for many years to come.

Second, you should expect to better understand the choices you have as it relates to dental implants. Dental implants are a GREAT long-term solution to missing or damaged teeth, but it's important to understand the this solution and how it can impact your life.

Finally, you should expect to know how to choose the right dental implant dentist for your individual needs. As much as I'd love the opportunity to help every patient achieve a perfect smile, I understand that I cannot suit everyone.

And that's okay! As long as you find a service provider that makes you feel comfortable and is able to provide you with the results you deserve, I feel like I've accomplished my objectives.

So, with all being considered, I am excited to share this powerful resource with you, and look forward to hearing all follow-up questions or comments you may have after you've read it. Feel free to contact my office directly at (408) 377-5134 or via email at contactus@svsmilesolutions.com.



Dr. Amir HagShenas
Silicon Valley Smile Solutions
14475 S Bascom Ave
Los Gatos, CA 95032
(408) 377-5134
www.SiliconValleySmileSolutions.com

Step 1 - Understanding Dental Implants

Dental Implants are alternatives to dentures and bridges that can give you a beautiful smile, be comfortable and restore your self-confidence.

A dental implant is a titanium or titanium alloy metal screw, referred to as a post or root, which is threaded into the bone of the jaw; a (prosthetic) tooth is then attached to the top.

Most dental implants today are root-form Endosseous implants, meaning they appear similar to an actual tooth root and are placed within the bone. The implant fuses with the jawbone through a process called "osseointegration" where the bone basically grows around the implant giving it the look and feel of a natural tooth.

This is why medical grade titanium is used. It is compatible with bone and oral tissues. Once it fuses to the jawbone it can hold an individual crown or a bridge in the same way roots hold natural teeth in place.



Dental implants provide a GREAT natural looking, permanent solution for people with missing teeth.

It normally takes three to four months for the bone to fuse to the implant, at which point it becomes permanent.

Implants are extremely durable and can last a lifetime requiring the same maintenance as natural teeth including brushing, flossing and regular check-ups. **They are truly artificial tooth replacements and help to stop or prevent jawbone loss.**

While implants are more esthetically pleasing than dentures or bridges they also provide the strength and durability needed to allow the individual to eat without struggling to chew. This can lead to an improvement in overall health.

Removable dentures may cause embarrassing moments when they slip, but over and above the esthetic, there are substantial health reasons for considering dental implants. For example, fixed bridges may have a negative effect on the adjacent teeth.

More than 20 years after they were first implanted the majority of dental implants placed in the United States have lived up to their claims and continue to provide patients with the comfort and performance they want and need.

There are times when dental implants may not merely be the best, but the only logical choice for the restoration of all functionality of the teeth and supporting structures.

In summary, **dental implants have an overall success rate of approximately 95% and are backed by 40 years of clinical research,** making them frequently the best treatment option for replacing missing teeth.

To learn more about dental implants and how they can help you regain your beautiful, healthy smile call our office today at (408) 377-5134.

Step 2 - Why should I get dental implants?

There are actually numerous reasons to get dental implants:

- They look and function more like natural teeth.
- Many people experience a marked improvement in speech, comfort, eating and appearance.
- Individuals that have used dentures in the past notice a dramatic improvement in their quality of life with a renewed ability to eat all types of foods. This often leads to an improvement in overall health.
- Dental implants are also cared for like natural teeth. There are no messy adhesive powders or pastes to deal with.
- You will be able to speak in a natural and relaxed tone without mumbling or slurring your words, as is sometimes caused by dentures.

Overall protection of other teeth is often a concern.



Dental Implants can help make dramatic improvements to speech, comfort, eating and overall appearance that result from tooth loss.

With bridgework, the teeth adjacent to missing teeth must be ground down. Implants often eliminate the need to modify these teeth. Once these teeth are ground down to accommodate bridges the tooth structure can never be replaced. This can have an extremely detrimental effect on the long-term health of these teeth.

Partial dentures on the other hand have clasps that hook onto adjacent teeth; this puts pressure on them as the partial moves. Eventually these adjacent teeth can loosen due to the pressure. The result can be more

tooth loss. Implants do not depend on the surrounding natural teeth for support so the adjacent teeth are not damaged.

Dental implants also protect the jawbone.

When teeth are removed jawbone loss begins. However, because implants fuse to the bone they actually help to prevent bone loss and preserve the integrity of facial structures. This prevents shrinkage and the sunken appearance that so often accompanies the removal of several teeth. In fact, in patients who have had dentures the appearance of wrinkles around the mouth caused by posterior bite collapse and facial structure collapse may be virtually eliminated.

Also, ill-fitting dentures and bridges may cause an individual discomfort when eating. Chewing efficiency is reduced as the jawbone shrinks and dentures slip or rock. Dental implants can restore chewing efficiency to a point that is comparable to that of natural teeth. This allows food to be eaten without pain and restores the enjoyment of eating many favorite foods. Often the improvement in eating that an implant brings will lead to better overall health.

Dental implants allow you to live your life with an improvement in appearance, oral health, speech, eating, and comfort. *They also seem to improve self-esteem and confidence for patients!*

You will be able to really taste your food and enjoy eating without pain. You will also be able to stop bone loss and help protect natural teeth. Implants are cleaned like natural teeth; making oral hygiene easy and convenient. **The major reason to get dental implants is an overall improvement in your quality of life.**

Steps 3 - How permanent are dental implants?

Dental implants were first introduced to dentistry in the 1970s. At that time they weren't very long lasting, but now they generally last approximately twenty years or more.

After over three decades of research and development combined with the clinical experience gained from over a million patients, they have a **success rate of nearly 95 percent**. That rate increases for bridges supported by implants.

Just how long an individual implant will last however, depends on several different factors.

- Perhaps the most important factor is the patient. Before any dental implant procedure, the patient must commit to practicing good oral health. How well the dental implants are taken care of has a definite effect on how permanent they will be.

The patient must brush and floss to keep them clean in order to help prevent inflammation around the implants. **Regular dentist visits are also important for the life of the implant.** The general health of the patient both at the time of the implant and their ongoing health have a definite effect on how permanent the implant will be.



Dental Implants offer a GREAT long-term solution to tooth loss, but there are many factors to be considered.

and effective. Certified implants are made to very exacting tolerances, which may or may not be followed by non-certified implant companies. Non-certified implants will cost significantly less but may not be high quality, sterilized and manufactured to extremely exacting tolerances. The difference may become obvious after a few years of use.

- Back teeth receive more stress and wear from chewing, causing implants in the back of the mouth to typically not last as long as implants located at the front of the mouth.

All of these factors combine to determine how long a dental implant will last.

- Finding a dentist who understands and has had experience and training with the procedure is also extremely important. Dental Implantology is a relatively new field and not every dental school has made it a part of the standard curriculum. The dentist should have the expertise necessary to undertake the procedure.

- **Another important aspect is the material and standards that went into making the implants themselves.** Many companies manufacture implant components, but only a few are actually certified by the American Dental Association.

To be certified, these companies have to supply research demonstrating that the implants are safe

The continual refinement of both the procedure and the implants themselves should mean that implants done today would have a longer life than implants done in the past. However, even with that said, **the typical lifespan of dental implants tends to be approximately twenty years.**

Because this procedure is still relatively new, there is not enough implant data from beyond the twenty-year range to give us accurate statistics. What we do know is that there are many dental implants performed over 20 years ago with the technology that was available in that era that are still functioning and healthy today.

To learn more about Dental Implants and to see if they're the right solution for you, call our office today at (408) 377-5134 to schedule a no-cost, no-obligation consultation.

Step 4 - Am I a good candidate for dental implants?

No one wants to lose their natural teeth, but there are times when that may be exactly the situation you are dealing with. In the past, your choices for tooth replacement typically were either dentures or bridges and while both generally served their purpose, they also had definite drawbacks.

Today, individuals trying to decide which tooth replacement method is right for them have another option: dental implants.

This naturally leads to the question, "Who is a good candidate for dentals implants?"

While the final answer to this question is typically determined in a comprehensive examination of your teeth, gums and jawbone by your dentist, there are numerous other factors taken consideration, such as your overall health.



There are many factors that determine whether a person is a good candidate for dental implants or not.

Also, it's important that anyone considering dental implants have a realistic attitude towards the essential oral health habits that will contribute to the success of the procedure.

The dentist will make recommendations based on the complexities of each individual case. Dental implants have been performed on people of various ages.

Generally speaking, most people who are in good health may be candidates for dental implants, but

- One area of oral health that the dentist will look at is the quality and quantity of the jawbone. When teeth are removed, bone loss begins. Since the dental implants are placed within the bone, the amount and quality of available bone is important.
- Medical science has advanced to the point where individuals who have had significant bone loss may be able to have treatments that add or create enough bone for dental implants. This

type of treatment is becoming more and more routine, allowing people who may not have been good candidates in the past to successfully have dental implants today.

- Gum disease is a major concern for patients wondering if they are candidates for dental implants. It may well be the very reason many people need dental implants. Gum disease is one of the leading causes of tooth loss in the United States. It destroys both the gum and bone. The teeth are then left without the bone for support and fall out.

A dentist will usually recommend that individuals with active gum disease infection first undergo treatment to get their mouth healthy before receiving dental implants. Once the gum treatment program is successful, the patient can proceed with the implants.

There are some health conditions that lessen the chances of success with dental implants. Uncontrolled illnesses such as diabetes or autoimmune disorders for example often require medical intervention first to establish better overall health.



There are factors that could disqualify you from getting dental implants, but only a qualified dentist can tell you for sure whether or not you're qualified.

Cigarette smoking can also undermine a successful outcome. While cessation is best, the dentist must evaluate each person's individual situation and relative risk. Smoking may inhibit the body's natural healing processes, but it does not prohibit anyone from having a successful implant procedure. The dentist will discuss any concerns before the procedure and outline the steps you should take for the best possible outcome.

There are many factors to be considered when determining if you are a good candidate for a dental implant, but in reality, the very best way to find out is by having a comprehensive examination and consultation with a qualified dental implant dentist.

I'd love an opportunity to discuss with you in person if dental implants are the right choice for you. Simply call our office at (408) 377-5134 to schedule a no-obligation consultation.

Step 5 - If I'm afraid of the dentist. Can I still get dental implants? How?

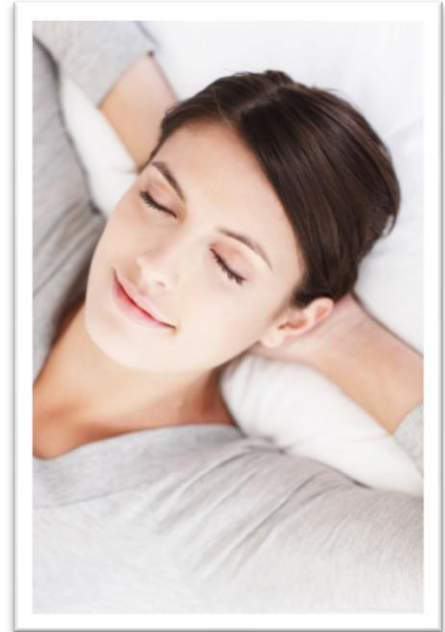
If you are afraid of the dentist you are not alone. Many adults delay or even refuse dental treatment because of this very real fear. Intellectually they know that local anesthesia will make the procedure virtually pain-free, but psychologically they cannot get past the dental anxiety. ***Fortunately, there are alternatives that allow these patients to have the dental treatment they want and need.***

Conscious sedation dentistry has allowed thousands of patients to have dental treatments. The patient enters a state of relaxation, but stays awake during the dental procedure. You will be able to respond to your dentist's questions but you won't feel any pain. This is important because the dentist may need to ask questions or give you directions during the procedure.

Conscious sedation is not a painkiller; you'll still need a local anesthetic during your procedure. If you have an anxiety about needles, conscious sedation can still help. Once the conscious sedation has been administered your dentist will be able to give you a local anesthetic, which you should barely notice.

Several types of conscious sedation are available. Discuss the different levels of sedation with your dentist in order to choose the one that is right for you.

- Light or minimal sedation puts you into a relaxed state while allowing you to stay awake and alert. Nitrous oxide or laughing gas is a commonly used form of light sedation.
- Oral sedation medication gives this type of light to moderate effect. This type of sedation is usually administered in pill form and is taken an hour before the procedure. The level of sedation is dependent on the strength of the prescription. You will be able to respond to your dentist's questions but will feel sleepy.
- Another type of moderate sedation is IV sedation. Like oral sedation it consists of taking a drug but in this case the drug is delivered intravenously. Although this produces a faster effects and the dentist can adjust the level of sedation needed during the procedure, it requires more training due to its potentially higher risk level in the hands of a dentist who does not routinely administer this type of sedation procedure.
- There are still other forms of sedation available that do not fall under conscious sedation, for example: deep sedation and general anesthesia. With deep sedation you will be either semi or totally unconscious.



With conscious sedation, you can receive your implants without anxiety.

Before making any decision concerning dental sedatives have a frank discussion with your dentist. Ask questions and provide your dentist with your complete medical history and the names and dosages of any medications you are taking.

Conscious sedation may be the answer to your dental anxiety, but it will require an informed decision on your part. Contact Silicon Valley Smile Solutions at (408) 377-5134 today to get the answers you need.

Step 6 - What is the process for receiving dental implants like? How long does it take?

When you consider dental implants it is extremely important that you have a good understanding of what is involved in the process.

Understanding the process makes the patient a partner with the dentist when it comes to realizing their responsibly in maintaining the implant. It also helps stop anxiety about the length of time the process will logically require.

- The process begins with a consultation with your dentist. During the consultation the dentist will look at several things including: the quality and quantity of jawbone, the health of gums, your general health, and your general attitude towards the procedure and maintaining good oral health.
- If there are problems with uncontrolled diseases such as diabetes or insufficient bone to support an implant these conditions will have to be dealt with first. Illness should be brought under better control and procedures to add or create new bone may need to be performed. The time needed will vary according to the individual case.
- Next, very careful planning will be done to identify structures like vital nerves. This allows for the correct orientation of the implants.

The actual procedure entails:

- Opening the gum tissue in order to expose the bone.
- A hole is bored into the jawbone; this may be done in several steps each of which will widen the hole.
- When the hole is the correct size and orientation, the implant screw or root is screwed into place. This is a precise procedure that takes into account the health of the surrounding bone so it is not overloaded from pressure which can cause implant failure.
- After the implant is placed the gum tissue is sutured. These sutures are usually removed with two weeks.
- **The process of allowing the implant to heal and fuse with the surrounding bone takes three to six months.**



Dental Implants can create a beautiful smile for years to come!

There are differing opinions as to how long the healing time should be before the crown is placed. Impressions will be taken for a crown that will match your existing teeth.

- Once the gum tissue is ready a post is attached to the implant to support the new porcelain crown.
- The crown is then placed over the post and cemented. **It will have both the look and feel of your natural teeth.**

If a tooth has to be extracted first, there are several possible procedures for implant placement.

- Immediate post extraction procedure preserves more of the jawbone since the implant is placed in a recent extraction site. This cuts months off of the procedure time.
- Delayed immediate post extraction procedure waits two week to three months after a tooth has been extracted.
- Late implantation occurs when a tooth has been extracted three months or more before the dental implant.

Placing or loading a crown follows the same type of timeframe:

- Immediate loading of the crown
- Early loading of the crown, which occurs one week to three months after the implant screw is placed.
- And delayed loading which takes places more than three months after the implant screw has been placed.

Which timeframe is right for you depends on a number of factors, including general health and jawbone and gum health. This is a matter to be discussed in detail with your dentist. ***Each individual can expect a very personalized timeframe.***

Step 7 - What questions should I ask my potential dental implant doctor in order to find the BEST implant dentist for me?

Before deciding on a dental implant doctor do your research. There are specific things to look for and questions you should ask, including:

- **Check to make sure that the dentist has a current dental license in good standing.** But be aware that any dentist can say they are qualified to perform implants, so your questions have to go deeper.
- **Specifically ask if they are “board certified” in a specialty that includes dental implants.** Specialists with the proper training have taken additional years to learn the surgical skills necessary to perform implants.

"Board certified" specialists have passed rigorous training and exams. Oral surgeons and periodontists receive formal implant surgery training in accredited two-three year residency programs after dental school.



Asking the RIGHT questions can help ensure your dental implants create the beautiful, permanent smile you deserve!

The term “Implantologist” should be considered a “red flag” as it is not a recognized or accredited specialty and it does not insure proper training.

- **Ask how long they have been placing dental implants** as there is no substitute for experience and training.
- **Ask how many dental implants the dentist has placed and how many they typically place annually.** A skilled surgeon or specialist has placed hundreds of implants if not more. Implants should be a large part of what they do on a daily basis.

If the dentist has only placed a small number of implants, be very certain about their qualifications before choosing them as your oral professional.

- **Ask how many and the title of continuing education courses in dentistry and dental implants in particular that the dentist has taken over the past two years.**

Dental implant procedures are continually advancing. You want a dentist who is dedicated to continually improving their skill and keeping abreast of advancements.

- **Ask what is included in the initial exam and consultation.** You want a specialist who looks into your overall general health, checks into any medical conditions you may have, checks the health of your gums and quality and quantity of bone at the proposed implant site.
- **Ask what brand of implants your dentist uses.** Once you have the brand do some research and find out if it is a respected brand or a low cost copy.
- **Ask to speak to other patients about their experience.** Does the dentist have before and after pictures of other patients available? Will the dentist give the contact information that allows you to speak with other patients who have had implants?
- **Ask for the names of any other dental specialists that the dentist may work or consult with.** Chances are that the dentist has colleagues that they consult with at least from time to time. Ask if it is all right for you to contact them and ask about the implant procedure.

Don't be timid -- ask questions, visit the offices, ask to look inside examining rooms. Talk to the office staff, they should be able to answer basic questions. Find out if it is the general practice to perform an examination and consultation before beginning any procedure. Get all the information the dentist can give you. If the practice either focuses on or does a high number of implants they probably have a packet of information ready to handout. It should contain brochures, before and after photos, and informational articles.

Remember this is your health and you have the responsibility to do your homework.

So, What's Next?

As I stated at the outset of this report, my intent is to help you make your most educated selection, so that when you do finally choose your sedation dentist and the procedure(s) you want, you'll feel 100% confident and comfortable with your choice.

Again, you have many choices so there's absolutely no reason to rush into a decision. Feel free to take your time and ask lots of questions because at the end of the day it all comes down to who you think will best be able to create that confidence-boosting, attractive smile you deserve.

I would love to have an opportunity to be your sedation dentist. I pride myself on listening to my patients and understanding exactly what they want so that we can work together to create a treatment plan that achieves those objectives.

If you wish to speak with me directly and discuss your individual concerns, please feel free to contact me at my office at (408) 377-5134 or via email at contactus@svsmilesolutions.com

Thanks again for taking the time to read this guide, and I look forward to an opportunity to speak with you and answer any questions that may arise. With your health in mind!



14475 South Bascom Avenue
Los Gatos, CA 95008
(408) 377-5134
www.SiliconValleySmileSolutions.com