



CHINGFORD MOUNT
DENTAL PRACTICE

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“Your Personal Guide to Modern Cosmetic Dentistry”



By

Dr Raj Gogna BDS

Everything you need to know about cosmetic dentistry BEFORE starting treatment



Introduction

Hi there, and thanks for downloading our complete guide to **cosmetic dentistry**. This guide contains information on how you can enjoy a confident smile with straight and healthy teeth and goes through some of the ways we can help you with this.

One of the things we are passionate about is what is known as 'Minimally Invasive Dentistry' – this means we do the absolute smallest amount of treatment possible to achieve the desired result, and that result could be better dental health or better aesthetics. Modern thinking is to align teeth, whiten teeth and then apply some minimal composite **bonding** to correct the tooth shape - Most certainly, this is the thinking to which we subscribe as it maintains as much of your natural tooth as possible.

Up until fairly recently the only option for cosmetic dentistry was to have healthy tooth structure removed to make way for either crowns or veneers, this is still a common treatment option and in many cases is the right thing to do. However modern advances in 3 key areas have changed this dramatically.

1. Our ability to move crooked and misplaced teeth in to the **perfect alignment** with modern orthodontic techniques that are almost invisible
2. Modern advances in **Teeth Whitening** and bleaching techniques to reduce the dark and/or yellow colour on teeth
3. Advances in materials for **dental composite bonding** to restore broken tips and make minor changes to the shape of teeth

This philosophy is known as '**Align, Bleach, Bond**' for obvious reasons, and so this guide is written in that order to reflect our conservative and minimal approach. This guide, whilst containing information about veneers, is primarily aimed at showing and explaining how you can have the smile with the least amount of dentistry.....great news for you and your teeth.

We also talk about **Replacing Missing Teeth** in this guide:

There are 3 main ways to replace missing teeth:

- Removable Dentures
- Implants supporting fixed bridges or crowns
- Bridges supported by natural teeth

This guide gives you an overview of each option so that you can make a decision on the best solution for you and then answers the top questions that everyone asks about replacing missing teeth – these are the top 11 things that everyone should know!

Please take some time now to relax in a quiet place and start your journey to a more attractive and confident smile. As you read through this **guide** picture your own teeth and your own problems you have with your dental health – see how the ideas we suggest could make the



changes you want in how you look and feel. Take hold of the ideas in this guide and apply them to your own situation, would they make eating more comfortable, would they help you to feel better about your teeth and smile?

And as you read through this now, think about the way these concepts would specifically work for you and what would seem like the best logical choices in your own situation.

Raj Gogna



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“Can’t rate this surgery enough, been with them about five years. Recently had a lot of work done & has been amazing, very professional & caring. Really happy with the results. My teeth looks amazing now. Thanks very much to Dr Gogna. Would like to say a big thank you to Sadia who put me at ease constantly reassuring throughout & is always very welcoming when on reception along side Denise another receptionist. Would highly recommend. 😊” – Sherrell Carter



SECTION 1

➤ **ALIGN**

**BLEACH
BOND**



Invisible Orthodontics with Invisalign Aligners

Invisalign® aligners are an excellent option if you would prefer a brace that is not only virtually invisible but that can also be removed for eating and cleaning. This involves wearing a series of clear aligners for at least 20 hours per day and for 7 days per aligner. The number of aligners depends on the severity of the case.

Invisalign® treatment consists of a series of nearly invisible, removable aligners that you change every 7 days for the next set of aligners. Each aligner is individually manufactured for your teeth, and your teeth only. As you replace each aligner, your teeth will move – little by little, week by week – until they have straightened to the final position prescribed for you by your dentist.

A virtual 3D treatment plan (ClinCheck© treatment plan) shows the series of movements your teeth will go through over the course of the treatment. This allows you to see upfront what your teeth are expected to look like at the end of the treatment. From the results of the ClinCheck© treatment plan, your custom-made, clear aligners are produced especially for you.

- ✓ Virtually invisible
- ✓ Can be removed for eating cleaning
- ✓ Digital outcome simulation, prior to treatment



The steps to a beautiful new smile with Invisalign

Step 1: Visit your dentist.

During this first step you come in to see our Invisalign Certified Dentist.

During the initial visit, we will help you decide on your course of treatment and assess your suitability.

Step 2: We'll take a 3D scan of your teeth and give you an instant simulation of how your new smile will look like- no messy impressions needed!

The 3D scan is painless and takes just a few minutes.

Step 3: Your virtual new smile simulation is ready.

Invisalign sends a clincheck (a computer generated simulation of the anticipated result) we will assess the clincheck and discuss this with you.

Step 4: Invisalign makes your aligners.

Invisalign uses advanced technology to transform your digital scan into a custom-made series of clear and removable aligners. There may be as many as 60 in the series or as few as 7 depending on your individual treatment plan.

Step 5: You receive your aligners in three weeks.

During your next visit, you will receive your first set of aligners. The aligners will be fitted, and any attachments put in place. Your dentist will most likely give you a few additional sets for you to wear before you return for your next visit.

Step 6: You wear your aligners.

You will wear each set of aligners day and night for about 7 days, removing them only to eat, drink, brush, and floss. Total treatment time averages 7-10 months but will vary from case to case. You'll visit your dentist only about every 4-6 weeks to ensure that your treatment is progressing as planned.

Step 7: You've finished your treatment!

Congratulations! When you're finished wearing each aligner in the series, your treatment will be complete and you will have the beautiful smile you've always wanted. The result will be retained by clear retainers worn at night.



"I've recently had my braces fitted at this dental practice and I must say I am very impressed with the service provided. Everyone is super helpful and highly professional, they go above and beyond to take care of you. I would highly recommend this practice to anyone." - Mehmet Dari



What are the primary benefits of Invisalign Aligners?

Invisalign is *clear*, this means you can straighten your teeth without anyone knowing, great if you have a job that involves being in front of people a lot.

Invisalign is *removable*. Unlike braces, you can eat and drink what you want during treatment, so long as you remove your aligners during meals and while drinking fizzy drinks. You can also brush and floss normally to maintain good oral hygiene.

Invisalign is *comfortable*. There are no metal brackets or wires as with braces to cause mouth irritation, and no metal or wires means you spend less time in the dentist's chair getting adjustments.

Invisalign allows you to view your own virtual treatment plan before you start—so you can see how your straight teeth will look when your treatment is complete.

BEFORE INVISIBLE BRACES



AFTER INVISIBLE BRACES





Your General Orthodontic Questions Answered

The Top 6 Questions everyone asks about Orthodontics

1. How much will treatment cost?

We know price is an important consideration for you. There is no way to accurately answer this question without first coming in for a consultation.

At that initial consultation, the dentist will take the time to listen and look at what your exact concerns are and carry out a clinical exam to assess suitability for treatment. If suitable, we will recommend a more detailed consultation to include radiographs and clinical photographs. From this they will be able to give you an exact investment required to achieve your desired smile. Interest-free finance options are available too.

In our practice the investment can vary from around **£2 per day** when financed, depending on the severity and timescale of the treatment, this will include all necessary scans, photos, x-rays, all aligners including one set of additional aligners and retainers.

There are many factors that determine the cost of your orthodontic treatment: how extensive the issues you want corrected, how long your treatment plan will last, and the specific treatment details prescribed by your dentist..

2. How can you prepare for treatment?

We would carry out an extensive oral health assessment ensuring that you are dental ready for any treatment. We would need to make sure all teeth are disease free and the gums healthy. This will provide optimum conditions for the best result.

3. How can your dentist work out if you are suitable for treatment?

The best way is to book a consultation. At the practice, please visit our website to [book an appointment](#).

4. How long will the process take?

Each individual case varies. Invisalign usually takes anywhere from 6 months to 18 months in some cases.

5. What are the downsides/side effects of treatment?

There are very few downsides to these systems. With Invisalign aligners you will be required to remove the aligner when you are eating to prevent food getting stuck under it.



6. Will it hurt?

There could be some discomfort during the initial stages of tooth movement. The way orthodontics works is to introduce constant but steady pressure on your teeth. This results in you only feeling light pressure on the teeth. You would not experience any pain, just some discomfort, which means the teeth are moving.



"My experiences at the Chingford Mount Dental Practice have all been excellent. Very welcoming, accommodating and professional. Dr Z Ahmed has been exceptional. As well as myself, Dr Yohan Patel has taken exceptional care of my children dental care and is very informative on future recommendations and so on. Highly recommend!" - Cascilma Fenton



"I had implants done here and I was really pleased with the treatment I received and the results. Every stage was explained in detail and I had plenty of reassurance which gave me confidence. The practice has a calm and relaxed atmosphere and the staff are welcoming." Christine Holt



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SECTION 2

ALIGN



BLEACH

BOND





New ways to change your smile – Teeth Whitening

The many ways in which Teeth Whitening will change your life

Many people are no longer satisfied with yellow teeth no matter how healthy they may be. More and more people are demanding whiter and brighter teeth to avoid an 'unhealthy' appearance.

Over 85% of adults say that an unattractive smile makes someone less appealing to the opposite sex. It is said that a healthy and good-looking smile is part of one's own appearance and marketing. Your Smile is unique. It tells the world about you in so many ways. Your smile influences communication and your social standing. Your smile is a sign of your vitality, state of happiness and general well-being.

People consider Teeth Whitening for all sorts of reasons like

- ✓ Their Big (Wedding) Day - Most people want to capture and treasure their wedding day inside beautiful pictures with happy smiles, forever.
- ✓ Looking for better career opportunities in their lives where their smile portrays a warm welcoming and confident image to others.
- ✓ (Research has shown that a beautiful smile doesn't only make you more attractive to others; it can even improve your job prospects! A coy 'hand over the mouth' approach may work among friends but like it or not, in a one-to-one interview that smile is just going to show.)
- ✓ Socially wanting to look good at parties with friends.
- ✓ Before going away on holidays – Happy holiday snaps become more amazing.
- ✓ Boosting their self-confidence that brings out the best in them.
- ✓ Dating – I know I will enjoy more talking to someone with a nice, bright smile.
- ✓ Comments from friends and family making them feel self-conscious – I have had people requesting whitening because of comments from their grandchildren.
- ✓ Wanting to look more youthful – we all love to look and feel young all the time.





How can I ensure my teeth look white? What foods and activities should I avoid?

The majority of people are born with healthy teeth. Due to modern diets, we are all prone to extrinsic staining to greater or a lesser extent. The most common reasons why people's teeth darken with time are:

1. Smoking
2. Beverages (tea, coffee, red wine, cola)
3. Foods (curry, fried foods, foods with colouring, berries, beetroot)
4. Mouthwashes – Corsodyl
5. Antibiotics – Erythromycin, Amoxicillin, Tetracycline stains within teeth
6. Iron supplements
7. Fluorosis stains (ingestion of too much fluoride in water, toothpaste or fluoride tablets)
8. There may be unsuspected decay that appears like stains
9. Darkened white fillings or crowns
10. Natural ageing process
11. Some are just born with darker teeth
12. Excessive grinding

You can maintain the colour of your teeth by using whitening toothpastes to help avoid teeth staining. If you are looking for a brighter smile, consider safe professional teeth whitening treatments. Definitely avoid using domestic bleach or any acid containing products to whiten your teeth. Consider having your teeth cleaned professionally by dental hygienists.

Can I lighten the colour of my teeth?

Teeth whitening can be a highly effective way of lightening the natural colour of your teeth without damaging their structure. Whitening toothpastes may improve the colour by removing only the surface stains on the teeth, but this lightening is only temporary.

How does Teeth Whitening work?

Professional Teeth Whitening is an extremely versatile way of making your natural teeth look brighter without causing them any harm. It can be carried out in a number of ways depending on the nature and intensity of discolouration.

The 'active ingredient' in the gel is usually hydrogen peroxide. As it is broken down, oxygen gets inside the enamel of the teeth and dissolves the discoloured pigments, thereby, making the teeth look overall lighter.



What are the Teeth Whitening options available to me?

We use Laser Teeth Whitening and DAYWHITE 'tray'-based Home Teeth Whitening system.

We put the safety of our patients first, which is why we offer only the safest products for teeth whitening and ensure a trained dental professional carries out your treatment. You can rest assured that the products we use deliver reliable teeth whitening results and, more importantly, have met strict safety standards.

Lots of people opt to use whitening products from a beauty salon or ordered from the Internet. However, teeth whitening should only be carried out by a GDC-registered dental professional in the UK- it's the law! Also, some products may not have undergone the required safety testing, risking damage such as burns to the teeth, gums and lips.

Your smile deserves to be looked after with the greatest care, let our professionals at Chingford Mount Dental Health provide you with a whiter brighter smile, safely!

Thankfully, at Chingford Mount Dental Centre we offer advanced professional teeth whitening to turn back the clock and reduce the appearance of yellow teeth. Have a wedding coming up or a milestone birthday? Or maybe you want to make the right first impression with business clients. Whatever your reason, our highly trained dentists will provide a solution to deliver whiter teeth safely and predictably.

Advantages of Professional Teeth Whitening:

- ✓ Minimally Invasive- no drilling or injections involved
- ✓ Proven results and safe method
- ✓ Gently whitens your teeth without damaging or removing enamel

How long should I wear the home whitening trays for?

This depends on the amount of lightening that you desire and the original colour of your teeth. If your teeth are quite dark or very yellow / grey / tetracycline (antibiotic) stained it will take longer to lighten the teeth. Typically, this treatment may take 2-4 weeks on average but in general, the darker your teeth, the longer it takes to lighten them.

It is important for you to know that different techniques will suit different types of discolouration and that there is no hard and fast rule for how long it would take for teeth to lighten with a technique. We invite you to discuss your concerns with us.



“Smiling is contagious. Not only is the action itself returned, but the good feeling as well. “

- Dr Paul Ekman, Professor of Psychology, University of California



“I attended an appointment last night and I am a very very nervous patient. All of the staff a lovely Cara and Sadia on reception help make you feel at ease, Dr Monil Chohan is the best dentist I have ever been to, I normally shake as soon as I get in the chair but he is so good at calming a person and very patient. Thank you so much I can now say I will be back for my check up.” Louise Buschman



How safe is Teeth Whitening?

It is not true that Teeth Whitening damages teeth. It is also not true that yellow teeth are healthier than whiter teeth. Teeth Whitening is a non-invasive and safe procedure causing no harm to the dental health or otherwise overall health of an individual.

The only people in whom we avoid using whitening chemicals are the expecting and nursing mothers, individuals with known allergies or children under 16 years of age.

The most common after-effects could be teeth sensitivity or a blister, both of which are very temporary.

Rarely, existing hidden dental abscesses may become active as a result of whitening gel penetrating the tooth surface.

What do I do if I have any sensitivity?

Many people have naturally sensitive teeth anyway.

Sensitivity of teeth the most common side effect of teeth whitening on those teeth surfaces where enamel is absent or is very thin. It often occurs around the necks of the teeth where the gum may be receded. If you are experiencing sensitivity, you should stop whitening and call your dentist. Based upon our experience, we can suggest some tips that you will find effective in minimising teeth sensitivity.

If you are at all concerned, please seek professional advice.

How will my teeth feel?

Normally the teeth feel very smooth and clean after the whitening procedure. The whitening materials also have an indirect effect on the gums in helping them to heal or improving their health of the gums. Amazingly, this is how the technique was invented as it was first used to heal gum irritation during orthodontic treatment.

What about my existing crowns or veneers?

If you have pre-existing white fillings, crowns or veneers on your front teeth that match the existing shade of your teeth, then it is very likely that they may not match the teeth afterwards. This is because your teeth can lighten, but the fillings (and crowns) do not lighten.

When the desired colour has been achieved, we can replace these fillings, crowns or veneers with a lighter shade of filling material to match the new shade of your teeth. Normally we would wait two weeks before renewing the restorations.



How long does the whitening last? Will I have to whiten my teeth again?

Normally the new white colour of your teeth will remain bright for 12-24 months. However, depending on what caused the teeth to discolour in the first place will dictate the treatment's prognosis.

If you drink lots of black coffee, red wine, cola drinks or have curries then the teeth may discolour again.

In this situation some people prefer to do a top up treatment as and when required. If you practice good oral hygiene and brush normally, especially after consuming foods that stain teeth then the results could last for years. We normally recommend periodic whitening top ups to maintain your pearly whites.

Does Whitening harm the teeth or gums?

Safety studies have shown that Teeth Whitening, under the supervision of an experience dentist using the right products, is perfectly safe on the teeth, cheeks, gums and other tissues of the mouth.

Problems have been reported with the whitening kits that are purchased over the counter and other non-licensed teeth whitening providers such as hairdressers and nail clinics. Although they are inexpensive, some contain an acid rinse, which can damage the teeth or thin down the enamel of the teeth. This acid rinse can be extremely harmful to the teeth.

The technique of whitening teeth is not for everybody. There are some situations where whitening teeth is contra-indicated such as where the front teeth are already crowned or veneered or where there are very large fillings on the front teeth or where the teeth are already excessively worn and there is loss of tooth surface.

The most ideal situation is where there is not much wrong with the teeth except for the colour which has become more yellow with age.



Some useful tips:

1. **Do not** use household bleach to whiten your teeth.
2. Whitening is not recommended for pregnant or lactating women.
3. Keep whitening gels out of heat/sunlight. Keep it refrigerated. Do not freeze.
4. Tooth coloured fillings and crowns **do not** respond to teeth whitening.
5. Foods and juices high in acid may cause sensitivity. Avoid having too much tea/coffee/red wine/curries during whitening treatment. Please do rinse your mouth well after having any of these items mentioned.
6. If you have questions about any aspects of this treatment, please seek professional advice.
7. Do not use tobacco products or eat/drink while whitening



"Amazing experience doing my teeth whitening at Chingford Mount Dental practice. They guided me through the whole process from start to finish and in just 2 weeks I had shiny white teeth!! Not to mention the wonderful kind receptionists they have who were very welcoming as soon as I walked in."

David Dele-Ojo



"This is my local dentist and I would recommend anyone looking for a decent dentist to visit this dental practice ,staff that work there make you feel welcome, comfortable, and they treat you more than a patient. Keep up the Good work team dentist oh and just to add the practice is very very clean." Sandra Osborn



Section 3

ALIGN

BLEACH

➤ **BOND or VENEERS**



Dental Bonding

Cosmetic Bonding is a great way to overcome slight imperfections in a quick and totally comfortable way. It is performed with a 'composite' material that mimics natural tooth structure, which is bonded to your tooth to correct:

1. Chipping
2. Small gaps
3. Minor tooth rotation
4. Minor tooth shape alterations

Composite work is ideal for small chips, as this treatment preserves more of your natural tooth structure. Composite bonding has a wide range of applications, ranging from a very minimal addition to the edge of a tooth, to a full veneer.

Composite veneers are created by the dentist injecting the resin on to the teeth through a custom made stent which has been created from a 3D printed model of the patient's bespoke smile design. This technique ensures a predictable outcome for the patient and an outstanding aesthetic result. Composite veneers can be used to transform a smile by modifying and enhancing the shape and colour of teeth. They can also be used where there are minor mis-alignments of teeth, to give the appearance of straighter teeth.

Very often this type of veneer can be made 'additive', this means that it is simply added to the surface of your tooth with no requirement to reduce any of the tooth at all. This type of zero preparation can be very beneficial as it maintains your natural tooth structure and can often be done with no need for any needles or anaesthetic and can be completed in a single appointment.

Composite veneers are much cheaper than porcelain veneers in general, but consideration must be given to the fact that they do not last as long and need replacing more often. Composite veneers such as this can last approximately 5 to 7 years whereas conventional porcelain dental veneers may last from 10 to 15 years.



"Very pleased with the quality of work done and the service and I am happy that I was able to book next day dentists appointment. Highly recommend this dental practice." Helen Babinska



"What an excellent dental practice Chingford Mount Dental practice is!! The minute you enter the practice you are greeted by friendly and very professional team. The skill of dentist is remarkable. I was recently treated by Dr Gogna who is an exceptionally good dentist, Dr Ntellis did the Root canal with such expertise that I did not even realise when it finished. Sadia was super and so welcoming. Highly recommend this practice!!!" Sarita Sabharwal



Porcelain Dental Veneers

Porcelain Dental Veneers are used to create the ultimate smile makeover. They make it possible to transform crooked, stained, damaged or badly worn teeth into brand new straight white smiles.

What are Veneers?

Veneers are wafer-thin laminates or shells of tooth-coloured material. They are “cemented” to the front surface of teeth to improve their appearance.

What are Veneers used for?

There are a wide variety of reasons why people opt for dental veneers:

Staining - Badly stained teeth that cannot be improved by teeth whitening or professional cleaning can be improved with dental veneers, which cover any existing stains on your teeth.

Damaged teeth - Teeth that have become badly worn through excessive grinding or fizzy drinks, as well as those that have been chipped or broken can benefit from veneers. A single damaged tooth can easily be repaired with a porcelain veneer that has the same characteristics and colour as your natural teeth.

Gaps - spaces between your teeth can easily be closed using dental veneers, giving you a more uniform-looking smile.

Crooked teeth - Veneers are not the ideal treatment for crooked teeth as we would rather preserve your natural tooth structure, Invisalign orthodontic treatment would probably be a better solution. However, these treatments can take up to a year. For teeth that are not severely crooked, veneers placed over their front surface will give a straight and perfectly aligned-looking smile.





How are Veneers fitted?

1. The first part of any dental procedure is the initial consultation and examination, so that our dentist can get a feel for what you want and understand your needs and concerns. Our dentists will explain the treatment procedure to help give you an accurate guide to the likely costs of your treatment.
2. Before your veneers are designed, your dentist will need to reshape and prepare the front surfaces of your teeth so that they can accommodate the veneers.
3. A digital scan of your teeth is taken and sent to our dental laboratory. They will then use this as a guide to help them make your new veneer. This can usually take them around two weeks.
4. While we wait for your veneers to be made, we will fit you with some temporary veneers to protect your teeth.
5. On your next appointment, we will fit your new veneers to your teeth.

How will I know what I will look like afterwards?

This is a great question and you are right to ask it.

We do this by what we call a 'Provisional Smile'.

This is a complete mock-up of your new smile that we will produce for you on a replica of your teeth. This mock-up can be modified until we both feel the result will be great. We are then able to transfer this mock-up to your own teeth.

This then provides you with the opportunity to see how you will look and decide whether you wish to carry on with the treatment.

This is a vital step in our procedure and is one of the things that sets us apart from other dentists in the area.



How long do Veneers last?

Porcelain veneers will typically last between ten and fifteen years, while composite veneers last approximately five to seven years. Veneers will eventually need to be replaced when they become old and cannot be repaired.

To make your veneers last longer, follow a good oral hygiene program and visit us for check-ups on a regular basis.



Replacing missing Teeth

There are principally 3 ways to overcome the problems of missing teeth:

1. Dental Implants
2. Dentures
3. Bridges

Dental Implants

Dental implants are normally used to treat 2 groups of people:

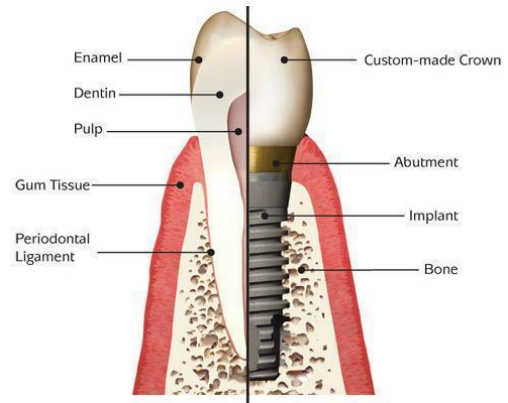
1. People with missing or failing teeth
2. People with loose or unstable dentures

In both cases, the outcome is the same, implants restore your ability to smile, eat, chew and laugh again with confidence. Many patients also find that their dignity is restored and their 'dental comfort' is massively improved. Implants are a life changing treatment, so sit back, relax and enjoy your free guide to everything you need to know about dental implants.

For people with missing/failing teeth (or tooth), without dentures

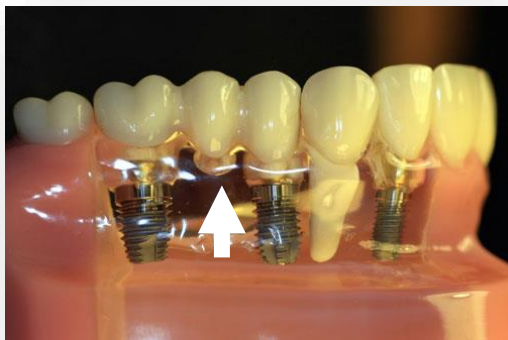
In simple terms, dental implants are precision made titanium tooth roots. An extension called an abutment is secured to the implant and a custom made crown placed on it to match the colour and contours of existing teeth. Sedation is available for total comfort during treatment.

This well-established treatment is long lasting and safe and been shown to have success rates of more than 95% over a fifteen year period.



then
over

has
over



If you have more than one tooth missing, then we will often place 2 (or even more implants) and 'bridge' the gaps as highlighted by the arrow in this photograph.

The custom made crowns that fit over the top of implants ensure that you will not see any metal and will be made to blend into your surrounding teeth invisibly... no-one will ever know you ever had teeth missing.



If you have **all your teeth missing** then you will either need a denture, arch implant supported bridge, dentures are explained below, but a bridge will usually involve the placement of around 4-6 dental implants (it depends on your exact situation as to how many you will

Screwed gently to these implants will be a full new set of teeth you are not able to remove yourself (we can remove them for deep cleaning periodically).

This is often the preferred option for patients with no remaining teeth as often a full arch bridge can be made to look exactly like your own teeth.

In some instances, we may find that additional surgical treatments such as bone augmentation are required. These are explained later on in this guide, but only a **full clinical assessment** by one of our implant dental surgeons will tell for sure.

For people with missing teeth with dentures



If you currently have dentures and find that they are loose, then dental implants can help enormously. We simply place 2 or 4 implants gently into your mouth, then place some 'clips' inside the denture (like a press-stud), this means you will hear

an audible **click** as your denture **locks** into place.



Depending on your exact situation we may decide that making a new denture is best for you, or we may even be able to convert your existing denture.

So if you wear dentures and feel you are not able to go out for a great meal with your friends then this could be a perfect solution for you.



or a 'full full arch need).

which dental

Dental Implants – The Top 11 Questions Everyone Asks

Am I a candidate for a dental implant?

If you are missing one or more teeth due to trauma, tooth decay or gum disease, then you may be a candidate for a dental implant. We will be able to discuss your individual clinical situation. Dental implants will allow you to smile, speak, and eat with confidence and comfort.

If you have a tooth (or teeth) which is badly affected by decay or gum disease or has broken beyond the point of repair, a dental implant may be the alternative and it is wise to make this decision before a tooth is extracted as sometimes an implant can be placed straight in at the same time. Sometimes, if you are facing extensive dentistry to try and 'save' your remaining teeth, implants are worth considering as an alternative.

For surgery you should be of good health and the remainder of your teeth will need to be healthy and free from tooth decay or gum disease. Other conditions will need to be treated before surgery.



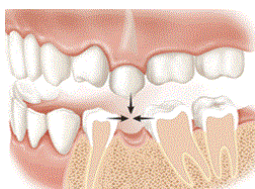
Implant is placed surgically.

An abutment is attached.

A permanent crown is affixed.

Also, there needs to be enough bone in the jaw, so we may need to check for bone density using a CT scan. There are bone augmentation techniques and different types of implants available for borderline patients. Some patients who have previously been told that they don't have enough bone can now have treatment with a special type of implant called a zygomatic implant

Why should I have a dental implant?



Losing one or more of your teeth starts a chain of events that can have physical and cosmetic consequences. The most obvious result is a gap in your smile. Less obvious is the loss of chewing function and the inability to eat a complete diet that can result from tooth loss. While these are certainly serious issues, a potentially bigger problem lies hidden beneath the surface: bone loss.

Your jawbone needs the chewing action of the teeth to stimulate it and keep it strong. Otherwise, it will begin to disappear (atrophy) in the same manner that the unused muscles beneath a cast supporting a broken bone get smaller. Without the support of your teeth and facial bones, your face may begin to look prematurely aged. The good news is that tooth replacement with dental implants offers a solution to help prevent bone loss.



Can an implant be used as an alternative to root canal treatment?

Not all teeth are good candidates for root canal treatment. Root canal treated teeth are susceptible to decay and fracture, while implants are not susceptible to decay and almost never break. Implants are an excellent and prudent alternative to the root canal, post and core, crown lengthening, and crowning procedures. A lot of patients are referred to the implant centre because of failed root canal treatment.

Is the dental implant ever rejected by the body?

The implant is machined from surgical-grade titanium alloy (Ti 6Al-4V), which is a biocompatible material. However, there is a very small chance that it will not integrate with bone. If this were to occur, the implant would be replaced with another one. It is highly unlikely that the second implant would not integrate.

What if I smoke?

Smoking can inhibit proper healing of an implant. However, this does not prevent smokers from having implants successfully placed and restored. However, the implant can be more likely to fail in a smoking patient than a non-smoking patient. You should speak with us for more specific information relating to your dental needs and the effects of smoking.



What about any discomfort?

This is usually mild to minimal. While undergoing treatment, you will receive local anaesthesia. You may have mild post-surgical soreness for a few days. An over-the-counter pain reliever will alleviate the discomfort for most patients.

How much time is required to have an implant procedure?

A single dental implant placement is usually completed in an hour or so with local anaesthesia. Traditionally, the implant is then allowed to heal with the bone, this usually takes 8 to 12 weeks in the lower jaw and 12 to 16 weeks in the upper jaw. During this time a 'temporary' tooth can be provided to fill the space or a temporary bridge or denture depending on how many teeth you have missing.

Once you have been given the all clear you can then have your crown, bridge or denture made and fitted.

There is a procedure known as **All-on-4** where we can remove failing teeth if required, place implants and a fixed full arch bridge. This can avoid the need for a 'temporary denture' stage and has many advantages. Our team can discuss whether this would be suitable for you.

If you have poor quality bone and bone augmentation procedures are necessary, the overall process can take up to 12 months or more. We will determine which surgical procedure is best for you.





How do I properly maintain the implant once treatment is completed?

Ironically, dental implants can require less maintenance than a natural tooth. Simply brush and floss as though it were a natural tooth. Remember, regular visits to the dentist and hygienist are required for long-term health and success of the implanted teeth and your natural teeth.



How long does a dental implant last?

If your body accepts the implant, [dental implants should last many years](#) if cared for properly. Many implants have been in place for more than 40 years.

What is a sinus floor bone augmentation?

When an upper posterior tooth is lost, the floor of the maxillary sinus drops down into space formerly occupied by the root of the lost tooth. In order to place an implant, it is often necessary to put the sinus floor back up to where it originally was by adding a bone substitute. This procedure is called a sinus floor bone augmentation or a sinus lift.

What is a bone augmentation (sometimes called a graft)?

A bone augmentation using a synthetic bone substitute is a surgical procedure for adding height or width to a jawbone in order to increase its volume for the placement of an implant.

Summary

As different treatment options become more available to people with missing teeth, it has become more important than ever to understand the benefits of implants as opposed to conventional restorations. Our team have advanced training in implant dentistry and use these skills and techniques to offer patients an innovative and reliable solution to tooth loss.

Our team of implant dentists work together to ensure the best possible treatment for you and your family, providing you with the most aesthetically pleasing result.

Dentures

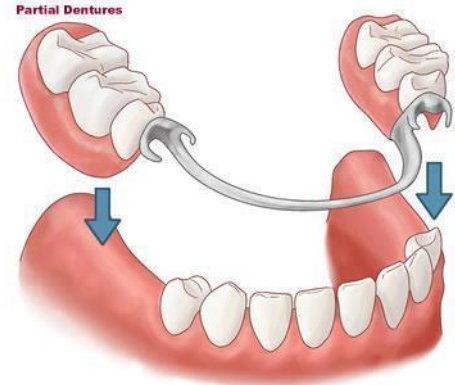
Partial Dentures

If one or several of your teeth are missing, we can restore your smile with a Partial Denture. By replacing your individual missing teeth, we can give you back the look and function of a full set of healthy, natural teeth.

As well as replacing any missing teeth, a partial denture can also look after the future health of your mouth by preventing your remaining teeth from rotating, tilting and moving into positions that prove unsightly and awkward for eating and talking.

We can create and fit your partial denture that will not only give you your smile back but also:

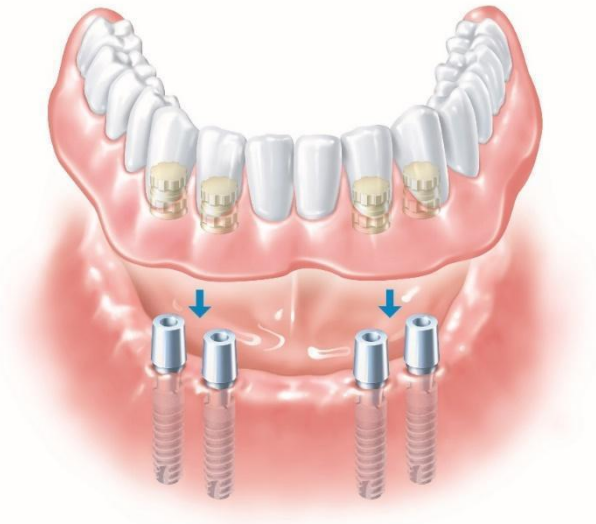
- Help you form words more clearly
- Make eating more comfortable, helping you to enjoy food
- Enhancing your appearance by restoring your natural smile
- Preserve the health and appearance of any remaining teeth so you can keep smiling



Implant Retained Dentures

If you suffer with dentures that wobble, tilt or rub, we can help by eliminating your sore spots and embarrassing moments with implant retained dentures, the long-term solution to tooth loss.

Implant retained dentures consist of small titanium screws that act as a substitute for the root portions of your missing teeth in either your upper or your lower jaw. The titanium implant will gently fuse with your jawbone. Then your complete dentures or partial dentures are attached to your new root, providing you with greater stability than ever before.



Working closely together to create the solution that is right for your individual needs, we will provide you with a more secure fit and feel than ever before. With implant retained dentures, you can talk, eat and laugh freely without having worry about what your dentures are doing.



During your first clinical appointment, we will undertake a detailed clinical evaluation so we can reach a diagnosis in order to create a detailed treatment plan that is tailored exactly to your needs.

We may undertake one or all of the following:

- Investigate your dental and medical history in full
- Take x-rays and photographic images of your mouth
- Distinguish between normal and abnormal effects of aging, especially relating to tooth loss
- Advise you on how to take care of your Dentures and achieve optimum oral health

We will describe the different types of dentures available and the technical procedures involved so you can make an informed choice about the treatment you receive. Together, you and your dentist can then decide upon the right course of action for you.

From this appointment we will then need you to visit several more times for us to take measurements, these include a series of impressions of the inside of your mouth, so we can see the shape of your soft tissues.

We will also register your bite so we can see how your teeth meet together. From these measurements we will be able to create a mock-up of how the teeth will look, at this stage, you can try in the teeth and give your opinion on how they look. If you are happy with this mock-up, we will then go on to finish your teeth ready for you wear.



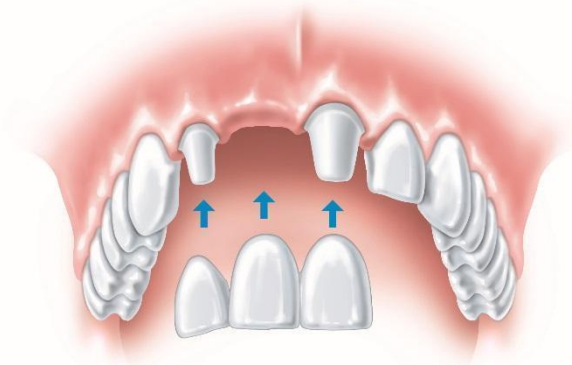
Bridges

How do Bridges Work?

A bridge may be recommended if you're missing one or more teeth. Gaps left by missing teeth eventually cause the remaining teeth to rotate or shift into the empty spaces, resulting in a bad bite. The imbalance caused by missing teeth can also lead to gum disease and temporomandibular joint (TMJ) disorders.

Bridges are commonly used to replace one or more missing teeth. They 'bridge' the space where the teeth are missing and are fixed to the natural teeth or implants surrounding the empty space. This is often considered a downside to bridges as the adjacent teeth need to be reduced to accept the support for the new tooth in the gap.

As with crowns, you have a choice of materials for bridges. Your dentist can help you decide which to use, based on the location of the missing tooth (or teeth), its function, aesthetic considerations, and cost.



Porcelain or ceramic bridges can be matched to the colour of your natural teeth.

How are Crowns and Bridges Made?

Before either a crown or a bridge can be made, the tooth (or teeth) must be reduced in size so that the crown or bridge will fit over it properly. After reducing the tooth/teeth, your dentist will take a digital scan to provide an exact measurement for the crown or bridge. If porcelain is to be used, your dentist will determine the correct shade for the crown or bridge to match the colour of your existing teeth.

Using this digital scan, a dental laboratory then makes your crown or bridge, in the material your dentist specifies. A temporary crown or bridge will be put in place to cover the prepared tooth while the permanent crown or bridge is being made. When the permanent crown or bridge is ready, the temporary crown or bridge is removed, and the new crown or bridge is cemented over your prepared tooth or teeth.

How Long do Crowns and Bridges Last?

While crowns and bridges can last a lifetime, they do sometimes come loose or fall out. The most important step you can take to ensure the longevity of your crown or bridge is to practice good oral hygiene. A bridge can lose its support if the teeth or bone holding it in place are damaged by dental disease. Keep your gums

and teeth healthy by Brushing with fluoride toothpaste twice a day and flossing daily. Also, see your dentist and hygienist regularly for check-ups and professional cleanings.

To prevent damage to your new crown or bridge, avoid chewing hard foods, ice or other hard objects.

Maryland Bridges

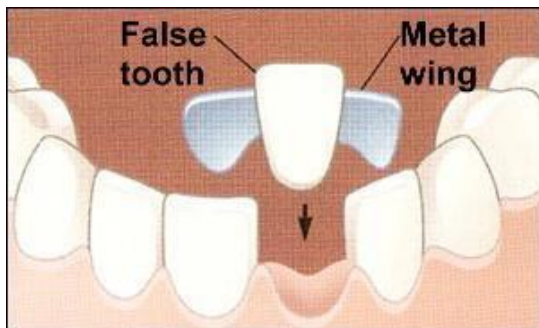
A Maryland bridge, often called a 'sticky bridge' replaces a single missing tooth WITHOUT having to prepare the teeth either side significantly.

The bridges are normally made from a non-precious metal alloy and of extremely natural looking dental ceramic; the ceramic forms the natural looking part of the tooth.

The wings, which are often made of metal will be on the inside of the adjacent teeth and will therefore not be seen.

If the clinical situation allows it may also be possible to manufacture the framework from high-strength zirconium oxide (zirconia). Zirconia is a naturally occurring material; in fact, it is what makes the perfect bleach look so amazingly white!

Using zirconia has the advantage of completely concealing the wings ensuring that no metal is visible at all.





What next?

How would you feel if we could help you smile more confidently?

Would it make a difference to your life if you could smile without putting your hand over your mouth?

How much would you like to smile, eat and chew with absolute confidence again?

At **Chingford Mount Dental Centre** we are passionate about helping our patients to have healthy, happy smiles. We want you to feel good about your mouth and teeth. The way your smile looks is important, but so is having fresh breath, a healthy mouth, and teeth that function well together.

What's different about us?

- ✓ You will receive a very personalised service.
- ✓ Options will be offered to you in house, so no need to travel to other practices
- ✓ The consultations are calm and relaxing
- ✓ Appointment times are convenient during evenings and weekends
- ✓ Skilled specialist dentist with 5 Masters degrees between us
- ✓ Over 100 years of dentistry experience in the practice

So as a thank you for downloading this guide we would like to offer you a **free virtual consultation** - using our modern artificial intelligence algorithm will be able to identify if treatment is necessary in providing instant report showing your treatment options

We'll find out together what your concerns are so you'll leave with a clear view of what's going on and what's possible - this will then lead onto a basic treatment plan to understand your options and costs.

Please do book your appointment today by clicking [here](#) there is never any pressure to proceed and you will leave knowing the different treatments possible based on cost, speed and convenience. **Alternatively, please call us on 020 8529 1246 to find out more about cosmetic dentistry.**

I look forward to seeing you soon,

Raj Gogna



"I have been with this dental practice for over 20 years. I have always found the service to be exceptional. This is a very professional dental practice also very clean and accommodating facilities for clients. The receptionist Helen and Vivienne, Practice Manager are fantastic, very friendly and super efficient. My daughter was very fortunate to be seen by Doctor Chen when she had to have 2 extractions in preparation for braces. He was very patient and gentle with my daughter and did an amazing job. Doctor Chen's Dental Nurse Bianca was wonderful and very reassuring." Deborah Harris