



# A Guide to Implant Dentistry

Replace any missing teeth and improve the function and aesthetics of your smile

*Anthony Spink*

DENTAL SUITE

(07) 3869 4555

54 North Road, Brighton , QLD  
[www.anthonyspinkdentalsuite.com.au](http://www.anthonyspinkdentalsuite.com.au)

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# THE RISKS OF MISSING TEETH

## Issues with missing teeth

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Missing teeth not only affects your look but also your jaw and your remaining teeth. When you lose a tooth, the bone that is responsible for 'holding' the tooth root (the alveolar bone) starts to deteriorate due to the loss of stimulation. The deterioration of the jawbone can also result in a sunken and hollow cheeked appearance. This can lead to further tooth loss and a host of other dental complications. Other concerns include:

- Your bite can become unbalanced
- Reduced chewing and speech ability
- Further gaps due to displacement of surrounding teeth

A missing tooth will cause—over time—the teeth around the gap to migrate into the gap. This can cause a misaligned bite, which can go on to cause jaw pain, neck pain and headaches. It can also be a contributing factor in TMD (temporomandibular joint disorder). Replacing a tooth provides support for your jaw and remaining teeth, preventing further dental issues to progress.



## Missing teeth, gum disease and heart attacks

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Studies conducted over the last five years have shown a strong link between oral health and severe health problems.

Exemplary to this is gum disease; the leading cause of tooth loss in adults on a global level.

Gum Disease has also been linked to health problems such as:

- Heart disease/attacks
- Stroke
- Diabetes
- Cancer
- Chronic kidney disease
- Dementia

This link is a result of chronic inflammation and bacteria.

At normal levels, inflammation is healthy; it works to fight off foreign bodies. But too much inflammation can negatively impact your body.

Prevent gum disease to lessen your chance of tooth loss.



## How do you prevent gum disease?

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Prevention dentistry is the most effective approach to prevent gum disease. This involves regular check-ups every 6 months. This will ensure that minor concerns such as tooth aches and bleeding gums can be addressed long before they progress to major issues.

How often you visit the dentist will depend on:

- The health of your teeth and gums
- If you have any dental work such as crowns, bridges or dental implants
- Your eating and drinking habits

As part of your commitment to preventing gum disease, regular and thorough oral hygiene is essential. This involves brushing your teeth twice a day and flossing once a day—preferably at night.

Healthy oral health also involves eating less sugary snacks and keeping sugary drinks to a minimum. We recommend drinking sugary drinks through a straw to minimise the contact of sugar with your teeth.

Of course, there are other reasons for tooth loss other than gum disease. This can include injury, trauma or ageing.



## **In the first year of tooth loss there is a 25% decrease in width of bone**

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Dentists are more inclined to save your natural tooth, rather than carry out an extraction for this purpose. It's one of the reasons why root canal therapy is, when carried out correctly, no more painful than a filling. It's also one of the reasons there is even a treatment to save a tooth in the event that root canal therapy isn't enough.

Your natural teeth are the best thing for your oral health because they affect:

- Speech
- Diet freedom
- The strength and health of your other teeth
- The strength and health of your jaw

While healthy natural teeth are always the best option for your oral health, there are alternatives available for those who have already lost a tooth or have suffered severe damage to a tooth.



# DENTAL IMPLANTS

## **Combining the best of modern science and technology**

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The benefits of dental implants

Replacing a missing tooth (or teeth) with implant dentistry has a host of health benefits.

The advantages of dental implants can include:

1. Provide structural support to the remaining teeth. When you lose a tooth, the teeth on either side begin to shift. This is problematic as it can cause your teeth to shift and become misaligned.
2. Implants look after the health of your jaw. This provides normal stimulation to the jawbone to prevent resorption/bone loss.
3. Dental Implants are biocompatible with your jawbone material, making them more likely to be accepted by the body.
4. You don't require adjacent teeth to be altered, unlike other restorative dentistry treatments.



5. Provide full function and feel of a natural tooth.
6. Dental Implants are designed to be permanent and last a lifetime.
7. Speech and eating capabilities are restored

Dental implants also offer convenience. There is no need to remove them for cleaning or to apply adhesives as in the case of dentures. They are just like your natural teeth and you simply go about your regular maintenance routine without the hassle.



## The best time to get dental implants

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There's no time like the present. The sooner you get a tooth replaced the better it is for your oral health.

Why? Once you lose a tooth, the bone (the alveolar) starts to shrink. This bone does not grow back, and if you wait too long you may require a bone graft in order to restore your oral health.

As this bone starts to shrink it affects your gums and your remaining teeth. Over time, it can give your face a sunken appearance. It can also exacerbate other oral health issues.

**By replacing a missing tooth with implant dentistry you can eliminate the repercussion of disregarding the problem and live a life of optimum oral health.**

## Mouth scan and assessment

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This will determine if you are a candidate for dental implants. Using advanced scanning technology, our professionals can make a well-informed decision to suggest a bone graft based on your jawbone position.

If you have suffered bone loss and require a bone-graft your implant specialist will arrange for a bone graft to expand your bone to a width suitable for the stability of dental implants.

## Prosthetic tooth impression

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Anthony Spink Dental Suite uses the E4D technology to create rapid prosthetic teeth to attach to your dental implant. This improves the accuracy and moulding process with virtual scanning technology that takes a precise scan of your mouth. This process is much more comfortable for you than traditional impression materials.

## Dental implant placement

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This surgery is carried out in-office with local anaesthetic or light sedation to ensure the process is comfortable and you feel minimal discomfort or pain.

Using precise, gentle surgical techniques the implant is surgically placed into the jawbone at the site of tooth loss.

The process for the underlying jawbone to heal and fuse the biocompatible titanium can take between 3 to 6 months.

This process is known as osseointegration and helps to ensure a strong, solid foundation for the replacement tooth, such as dental crowns, bridges or dentures. Your new prosthetic tooth or dentures will then be attached to the implant rod.



# IMPLANT-SUPPORTED DENTURES

## Moving on from loose fitting dentures

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If you are looking for the best long-term, healthy option to replacing missing teeth look no further than implant supported overdentures. There are three possible implant supported denture treatment options to suit a variety of smiles.

5 of the benefits of implant supported dentures are:

- Restore proper chewing, allowing for better diet and improved health
- Improves speech and confidence
- Allow a minimally invasive procedure
- End the cost and inconvenience of dental adhesives
- Help stimulate your jaw and maintain bone structure

## Three different implant-supported overdentures

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When you visit your implant specialist for your initial consultation they will take an x-ray so a model of your teeth can be made. The purpose of this model is to determine the best position for the dental implants.

### 1. *Fixed overdenture*

If you are missing all your teeth a custom made denture can be attached using dental implants. Once the implants are inserted and have healed, you will be fitted for an overdenture that attaches to the implants. Due to the fact the overdenture is supported by dental implants it can stimulate the jaw as well as help maintain bone tissue. Fixed overdentures can be removed by your dentist for cleaning and maintenance.

### 2. *Removable overdenture*

A removable overdenture is similar to a fixed implant-supported overdenture except: Once the dental implant is placed in your jaw, a custom-made bar will be attached to the implants to support the new overdenture. You will be able to snap or clip into place, and you can easily remove it for cleaning.

### 3. *Implant-stabilised overdenture*

Similar to a fixed implant-supported overdenture, implant stabilised dentures are a small number of implants used to stabilise your denture. You can then take your denture out each night to clean it.

# DENTAL IMPLANT CANDIDACY

## Determining your suitability

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Implant candidacy can be the difference between a successful or unsuccessful surgery.

When considering dental implant surgery, it is always best to ask your dental professional about all aspects involved so you can be sure this treatment is in line with your needs and dental requirements.

## SUITABLE CANDIDATES

Implant dentistry requires oral surgery. With this in mind there are 3 main requirements for ideal candidacy:

1. You will need to have an adequate amount of jawbone present in order for the surgery to work. This is because the implant will fuse with the jawbone (osseointegration). An inadequate amount of jawbone can cause a high risk of implant failure. If you do not have adequate jaw bone material a bone graft can be carried out prior to implant dentistry.
2. Good overall health  
This will show your dentist and oral surgeons that you can properly handle the treatment as well as any potential risks or complications associated with implant surgery.
3. No presence of gum disease  
Gum disease can cause a high risk of implant failure. If you do suffer gum disease, it will first need to be treated before an implant treatment can occur.

## Three things that can cause dental implants to fail

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Implant failure from experienced implant specialists is very rare, as a strict policy for suitable candidacy and stringent infection and quality control exists throughout procedures.

While every patient is different and therefore the causes of implant failure vary, the main causes of implant failure have been known to be:

4. Presence of tooth decay or gum disease  
Tooth decay and gum disease can influence the tissue surrounding the implant. This can cause difficulty during the osseointegration process.
5. Smoking  
This is a large contributor to dental implant failure. For this reason it is recommended you stop smoking a couple of weeks prior to and after your dental implant surgery. Not doing this has the potential to cause inflammation in the gums and cause the implant to fail.
6. Pre-existing medical conditions  
Medical conditions such as diabetes can cause inflammation and result in the implant having trouble bonding to the jawbone.

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# INTRODUCING ANTHONY SPINK DENTAL SUITE

“At Anthony Spink Dental Suite, we strive to provide our patients with the highest quality treatments that are designed to last. Dental implants are no exception, as with good care they could very well last your lifetime!” This guide to implant dentistry has been provided by Anthony Spink Dental Suite and delivers an in-depth look into modern implant dentistry, the treatment process, benefits and other key insights.

With a team of highly skilled implant dentists and specialists, we are able to provide a comprehensive range of treatments and services for patients of all ages and levels of dental concerns.

From single, multiple or total tooth loss caused by disease, trauma, medical conditions or other causes, our high quality dental specialists can help restore your smile.

Dr Anthony Spink has 14 years of experience as a leading dental implant specialist, providing an unmatched service of care. He is experienced in treating extreme cases of tooth loss including singular, multiple and total tooth loss. Anthony Spink Dental Suite is excited to use some of the most advanced dental equipment available, such as our Same Day Crown (E4D) Machine that allows us to create porcelain restorations within the one appointment. This ensures your treatment is streamlined whilst retaining the highest quality for total convenience.

We are committed to delivering leading dental care, emphasising on prevention and cosmetic improvements. We cater for the whole family, from children through to teens and adults.

We provide a seamless delivery for your dental implant treatment with everything available within our practice for efficient restoration solutions and total care.

# The Anthony Spink Dental Suite Difference

Our team takes pride in the relationships we have formed with our patients. At Anthony Spink Dental Suite in Brighton, we have been creating beautiful, healthy smiles for our patients since 2000.

We pride ourselves on offering our patients the most advanced pieces of equipment, cutting edge technology and leading dentistry techniques.

We have a team of doctors and specialists so the whole dental implant treatment can be completed in one purpose-built specialised facility.

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Before jumping into the dental implant procedure it is important you consult with a qualified and recognised team.

Dr Anthony Spink and the team at Anthony Spink Dental Suite in Brighton invite you to call us or visit our website to book a consultation and take the first step towards a healthy implant supported smile.

At your consultation we will assess your candidacy, provide a full quote and detailed guide of the procedure ahead of you.

