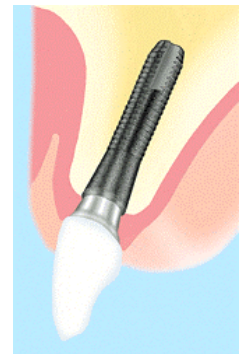


## How can I replace my missing teeth?



Lost teeth can have a major impact. Not only can it make it more difficult for you to chew, eat and speak, it can also effect your smile and your self confidence. But don't worry there are several ways we can create something to smile about! The first thing to ensure is that the rest of your mouth is healthy. Your dentist and hygienist will work with you to achieve this. Remember the health of your mouth is the foundation o which everything else is built. The following leaflet will give you a brief outline of your options; your dentist will of course discuss them fully with you as well.

**Implants** are made of titanium. The implant acts like a root. It is carefully placed under the gum where the root used to be . The bone then "locks" the implant firmly in place and a tooth like restoration is placed on the implant. There is no need to involve any other teeth. Implants have been used since the 1970's all over the world . They have a success rate of over 90% over 10 years ! However smoking has a significant effect on lowering this. They feel and look just like your own teeth again just have a look at the photos above. Good cleaning at home and regular care are required, our dentists and hygienists will be happy to help you with this. Implants really can give you back your smile.



**Bridges** are also a permanent restoration. Normally the teeth either side of the gap are prepared by removing about 2mm of tooth to form a cone shape. Three crowns are then made from porcelain and gold. These are all joined together and cemented over the teeth either side of the gap - just like a bridge, that's how they get their name. These are not taken out and are fixed in your mouth. Bridges require special cleaning and normally last about 10 years before they may need replacing. Remember it does mean preparing the teeth either side, whenever a tooth is reshaped for a crown there is a risk that the tooth may not cope and will possibly cause problems. This would then need to be extracted or root filled.

**Dentures** are often the quickest solution. They are normally plastic or metal based. They can look great. However they must be taken out to be cleaned and can feel loose and bulky in your mouth to begin with. It can take 2-3 months to get used to them. They will need replacing every 4-7 years. Dentures can mean it is much harder to keep the rest of your mouth healthy and clean and so you may require extra treatment to help you try to prevent this.



*Together we create something to smile about !*