

## Dental Implants with



### **What is a Dental Implant?**

A dental implant, also known as an endosseous implant or fixture is a surgical component that interfaces with the bone of the jaw or skull to support a dental prosthesis such as a crown, bridge, denture, facial prosthesis or to act as an orthodontic anchor.

### **Prior to the Procedure:**

We at Kaver Dental will need to perform a clinical exam which consists of a Panoramic X-Ray, diagnosis and study molds. In most cases, treatment planning could also require the need for a CT Scan in order to quantify the amount of bone in the implant site.

### **The Procedure:**

The basis for modern dental implants is a biologic process called osseointegration, in which materials such as titanium form an intimate bond to bone. The implant fixture is first placed so that it is likely to osseointegrate, then a dental prosthetic is added. Once the implants are installed, we wait 4 to 6 months for bone integration to take place before either the dental prosthetic (a tooth, bridge or denture) is attached to the implant or an abutment is placed which will hold a dental prosthetic/crown. This period of time allows the implant to become firmly entrenched in your mouth. It is important for you to know that the dental implant will not damage any nearby teeth and will also have great stability.

## **Stages:**

Implants are divided into 2 stages:

### *The surgical phase:*

Implants are surgically placed in the jaw bone. The implant brand that we use at Kaver Dental is either Zimmer or Implant Direct. Usually we can do the extraction and the implant at once, only if the involved tissues are in good health.

### *The prosthetic phase:*

It consists of the placement of crowns over the implants. We currently use full zirconia crowns to do implant cases, due to increased resistance and high esthetics.

## **Visits to Costa Rica:**

Since the procedure consists of 2 phases, it will require two visits to Costa Rica. For the surgical phase, your stay in Costa Rica would be at least 3 days, depending on the amount of implants placed. And as for the prosthetic phase, it will take place 4 months after the first phase and will include the abutment. Your stay for this phase should be at least 5 to 8 business days in Costa Rica.

## **Immediate Aftercare Tips**

Hold an ice pack to your face in a 15 minutes interval as needed, to control bleeding bite on the sponges that were placed in your mouth. About an hour after surgery, you may remove the gauze sponges that have been placed in your mouth and have something to eat. Be sure to eat foods that are soft for the first 24 hours after surgery. Avoid hot foods and drinks for several hours after surgery. Also do not drink from a straw

for at least 24 hours. These precautions will give your mouth a better chance to heal properly.

Dental implant surgery requires antibiotic therapy. Antibiotics are used to prevent infection on or around the dental implant or bone graft. It is important that you follow the dosage directions on the bottle and continue taking the medication until it's finished. If you should develop a reaction to the medication, such as skin rash, stop taking the medication and contact us.

Good oral hygiene practices are as essential after oral surgery as at any other time. After 24 hours you can resume tooth brushing. It may also help to gently rinse your mouth every so often with mild salt water (1/4 teaspoon of salt in a glass of water). But do not use mouthwash or hydrogen peroxide rinses for 14 days.

Avoid smoking of any kind after oral surgery interferes with the normal healing process and can increase your chances of developing an infection, failure of the implant and or bone grafts. Smokers have a higher risk of implant failure.

For the first 8 to 12 hours post-surgery, avoid moving around excessively and keep your head elevated. You can resume light activities as soon as you feel up to it. Although, limit strenuous activities for about 3 days. Do not perform activities which require coordination or concentration while taking narcotic pain medication; this includes driving.

### **Dental Implant Care Tips**

1. Brush all teeth thoroughly twice a day
2. Floss at least once a day

3. Avoid eating any hard or sticky foods
4. Avoid smoking or drinking too much alcohol
5. Use soft nylon toothbrush
6. Make regular dental appointments



**Book Now an Appointment!**

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