

belmore

IMPLANT & AESTHETIC CLINIC



IMPLANT DENTISTRY



EAT. TALK. LAUGH. SMILE
WITH CONFIDENCE



INTRODUCTION

MEET OUR IMPLANTOLOGISTS

Dr Sinead McEnhill, Practice Principal.
BDS MSc (Imp Dent) MFGDP (UK 1998)
AdvDiplImp Dent RCS (Eng.2007) FICD

GDC No. 70804

Winner of the 2018 Aesthetic Dentistry Award – Implant Multiple Case.

Sinead is the owner and principal dentist of Belmore. Sinead opened the practice in 2003, having previously been a tutor and practice assessor for the Diploma in Implant Dentistry course at the Royal College of Surgeons (Eng.) and clinical mentor for SmileTube for the RCS (Ed) Implant Diploma.



Digital dentistry for implant and bone reconstruction, including multi-disciplinary planning using digital smile design form the backbone of all Sinead's work, all whilst mentoring and teaching dentists on their postgraduate journey.

Sinead lectures across the UK and further afield on digital workflow for dentists in Implant dentistry and has a number of published articles on the same topic.

Sinead attained an MSc in Implant Dentistry from Leeds University in 2016, where her research was related to peri-implantitis. As recognition of her longstanding focus on philanthropy and her many dental achievements, she was inducted as a fellow into the International College of Dentists in 2015 from Trinity College Dublin. Most recently, Sinead has written a book titled "Simplifying Multi-Disciplinary Implant Dentistry." This book serves as a guide to the treatment planning process for other dentists, learning from Sinead's wealth of knowledge.

Among Sinead's other achievements, she is also a member of the Editorial Board of Irish Dentistry, Irish Dentistry Magazine, and Board member of the Digital Dentistry Society UK. Sinead is also on the lecturing faculty of the One-to-One Implant Diploma in Harley Street, London.

INTRODUCTION

Dr Joe McEnhill, Associate Dentist.
BDS MFDS MAGDSRCS(Eng) AdvDiplImp
DentRCS(ENG) FICD

GDC No. 77972

Joe McEnhill, brother to Sinead, is also an Implantologist at Belmore Dental. Joe qualified from Queens University Belfast (QUB) in 2000. Soon after, Joe relocated to Manchester to continue his education within the primary care field. After developing a keen interest in dental surgery, Joe joined a leading Manchester Maxillo-facial unit, enabling him to participate in major reconstructive surgery, notably by employing dental implants. It was in this post that Joe gained his membership of the faculty of Dental Surgery, Royal College of Surgeons in Edinburgh.



Joe returned to his native Enniskillen in 2005 to take up a position in his family practice. He has continued with his postgraduate training, achieving a Diploma in Implant Dentistry in addition to an advanced certificate representing his bone grafting capability. This was awarded by the Royal College of Surgeons in England and is considered the gold standard.

Joe has travelled the world in order to learn new techniques including many trips to Germany, Spain, and England. He also spent a week studying in Brazil under one of the world's foremost authorities in Cosmetic Dentistry. This encompasses not only teeth, but takes into consideration gums, lips, and facial harmony. Joe is an active member of the Irish Association of Aesthetic Dentistry and is frequently travelling to various conferences around the world. As recognition of the high standard of Joe's treatment, he was awarded the Best Young Dentist in Northern Ireland in 2011.

Since then, Joe has completed a yearlong course studying both restorative dentistry and the science of occlusion (how teeth bite together); for many, this is the cornerstone of predictable long-lasting dentistry. Along with his other achievements, Joe now runs courses mentoring other dentists on oral surgery techniques and is always available for guidance, advice, or even just a helping hand.

In 2017 Joe was privileged to be invited to become a Fellow of the International College of Dentistry. Those inducted into the college must have proven themselves academically within their chosen field or to have been an active philanthropist.

Hearing the words 'Dental Implant' can cause panic for even the calmest of patients. Thankfully, at **Belmore Dental**, there's no need to worry!

Dental implants are an incredibly and safe, effective way to replace missing or failing teeth. They are regarded as the gold standard option for replacement due to their close comparison to a natural tooth in the way that they look, feel and function.

WHAT IS A DENTAL IMPLANT?



Dental implants are used to fill spaces left by missing or failing teeth. The implant itself is a small screw like device which is placed into the jawbone and acts as a replacement root which will hold your new tooth. Dental implants can be used to replace single teeth, multiple teeth, or a full arch of teeth.

Implants are made from titanium, a material that is well tolerated by bone and integrates very easily with the tissues of the body.

WHAT WILL MY IMPLANT JOURNEY LOOK LIKE?

Step 1. Evaluation and Planning

Your first visit to Belmore Dental will be your initial consultation. This stage usually involves a meeting with one of our friendly treatment coordinators, who will be your lead contact throughout your treatment journey. The treatment coordinator will have a discussion with you regarding your concerns and find out a bit more about why you have decided to start the dental implant process, she will usually take a series of clinical photographs and possibly a scan of the inside of your mouth. Once this is complete you will be introduced to your implant dentist.

Once you have met your dentist, the clinical side of your consultation will begin. This usually includes a further discussion, an extensive examination and assessment of your mouth, and possibly an x-ray or CBCT scan. All of this will allow your dentist to accurately plan the best possible treatment options for you and to carefully monitor



any changes to your mouth in the future. Once your examination with the dentist is complete, you will return to the treatment coordinator to discuss the plan your dentist has suggested, this will ensure you leave with all questions answered and any further appointments scheduled.

Step 2. Creating the Perfect Environment

Dental implants, in general, have an excellent success rate, up to 98% with proper care. The best way to ensure they are given the highest chance of being successful is to get the mouth into a really healthy state before the implant surgery occurs. To reduce the risk of infection or failure, implants need to be placed into a clean, healthy mouth, therefore we will perform any other required dental work, such a hygienist appointment, before your implant procedure.

Step 3. Pre-Implant Treatment (Not necessary in every case)

So, as we have already covered, dental implants replace the root of a tooth. This means that if you are not already missing a tooth, any teeth that are failing and need to be replaced, will have to be extracted prior to having the implant placed. A tooth extraction is usually a very straightforward procedure, however, for those with dental anxiety the thought of getting a tooth removed can be crippling. In this instance, you still needn't worry, at Belmore Dental we have a number of dental sedation options to make your treatment more comfortable.

When teeth have been removed or lost, and haven't been replaced, unfortunately bone loss will naturally occur in these areas, at times leaving people without enough remaining bone to support a dental implant. Dental implants fuse into the bone, so it is essential that there is enough good quality bone in the areas we want to have implants placed, in order to ensure their success and stability. If your jawbone isn't adequate to support an implant, you may require a form of bone augmentation before you are able to proceed with implant treatment.

Our teeth experience extreme pressure, especially when we chew. This means the jawbone and gum tissues need to be strong enough to support dental implants and ensure the long-term success of your treatment.

Step 4. Implant Placement

Placing an implant is a precise but straightforward procedure that is usually carried out under local anaesthetic only. You will be completely numb throughout the treatment and as such, won't feel anything other than perhaps a little pressure. After the surgery, when the anaesthetic wears off, you may experience some mild pain or discomfort that should be easily managed with over-the-counter painkillers.

If the teeth being replaced by dental implants are in a clearly visible part of the mouth it is most likely that you will want to have some teeth present whilst the treatment is underway. There are a number of ways that this can be done, ranging from simple plastic dentures to removable bridges.

When replacement teeth are used during healing stages it is important that they do not apply uncontrolled pressure to the underlying implants. You should expect to make a number of visits after the implants are placed and before the treatment is finalised.

Step 5. Additional Appointments and Final Crown

After your healing period is complete, your dentist will begin the 2nd stage with a simple procedure, making a small incision to expose the implant and placing a healing cap on top to seal it and aid gum tissue healing.

After a couple of weeks, your dentist will bring you back and take an intra-oral scan of your mouth in order to create your custom fit crown.

Step 6. Post Treatment Care

Once your implant treatment is complete, we recommend that you attend for regular review appointments. For the first year, you will be advised to attend every 3-6 months. After this period has passed, depending on your home care routine and your regular attendance with a dental hygienist who is trained to care for implants, you may be able to visit the dentist for a review just once a year.

Before deciding to go ahead with implant treatment, it is important to remember that implants need to be cared for in the same way as natural teeth. Natural teeth require consistent up keep and excellent oral hygiene measures to maintain their health, implants are no different.

A dental implant is an investment in yourself, your oral health, and your confidence!

WHAT ARE THE BENEFITS OF DENTAL IMPLANTS?



The crowns attached to dental implants look, feel, and function in virtually the same way as natural teeth. As there are no nerves inside the crown or the implant, pain or sensitivity associated with this tooth are completely eliminated.

As dental implants are a permanent solution for missing teeth, the long-term health of your mouth as a whole is improved. Not only are dental implants easy to keep clean,

they also stimulate tissue growth and bone preservation, strengthening your jaw and nurturing gum health.

Your neighbouring teeth will be supported by a stable replacement tooth instead of a removable denture, so the structure of your bite won't be in danger of collapsing and your facial muscles will remain in-tact. Most importantly, you will be back to a normal, healthy life with a restored smile, being able to bite, chew, talk and smile with confidence. Dental implants truly transform lives, with the overwhelming majority of patients reporting restored confidence and a huge boost to their general wellbeing and lifestyle.

Contrary to advice that is commonly given to patients, almost everyone is eligible for dental implants. Often people with severe gum disease are told that their bone is not adequate to support an implant, or that their gum health is too poor. The truth is, an experienced implant dentist can replace missing bone, and there are plenty of procedures that can be performed to ensure the health of the mouth is stable for dental implants. Very rarely is the health of the mouth so poor that it cannot support dental implants.

WHAT SHOULD I LOOK FOR WHEN CHOOSING AN IMPLANT DENTIST?

The first thing to check is that your implant dentist is highly qualified, with plenty of experience and can produce evidence of their previous work. Every patient, mouth and tooth are different, so the more experienced your dentist is, the more likely it is that they have already encountered a case like yours. Don't hold back from asking for evidence of your dentist's previous work.

You should also enquire how the procedure is carried out, which your dentist should, of course, fully brief you on before any work starts. The important parts are whether they will be addressing a single tooth, or the health and appearance of the entire mouth, and whether they will ensure that at no point you are left without teeth. If a recovery period is required after the teeth are removed, make sure there is an alternative in place while you are waiting for your final implant crowns.

Finally, you should make sure you feel fully informed regarding pricing and aftercare. Does the practice offer payment plans or finance options? Will the full payment be required upfront? Will they provide a plan for your hygiene, maintenance and follow up appointments after all treatment is complete? By ensuring you get all of this information you won't be met with any surprises during or after your dental implant procedure.

WHAT OPTIONS ARE AVAILABLE FOR NERVOUS PATIENTS?



Sedation is not a necessity for implant treatment. You will be completely numb throughout and will not experience any pain, however, we know many people find attending the dentist a stressful, anxiety inducing activity.

We understand for many people even just getting their feet through the door can feel like an uphill battle, let alone the thought of having treatment carried out. That's why at Belmore Dental we offer sedation options to make treatment possible for even the most nervous of patients.

GAS & AIR SEDATION

Inhalation sedation, also known as Gas & Air, is a type of sedation where you inhale a mixture of Nitrous Oxide & Oxygen, to place you into a relaxed state. This is administered by placing a small hood over the nose, allowing you to inhale in a regular breathing rhythm. After a short time, this treatment produces pleasant feelings of warmth, well-being, and reduced anxiety.

CONSCIOUS SEDATION (IV)

IV sedation is a more controlled way of keeping relaxed and comfortable during dental treatment. This type of sedation is known as 'conscious sedation,' and is distinctly different from general anaesthetic, where you are 'put to sleep.'

IV sedation is administered into the bloodstream during dental treatment and induces a deep state of relaxation. You will remain awake and able to communicate with your dentist, however you will be highly relaxed and will remember very little from your treatment once it is complete. Conscious sedation is a very safe treatment, with your heart rate and oxygen levels monitored closely throughout.

HOW LONG DOES IMPLANT TREATMENT TAKE?

All implant cases will be different, therefore there is no set timescale on how long treatment will take. As a guide, from the first appointment, implant treatment could take anything from 6 weeks to 6 months. The presence of high-quality bone decreases the amount of time required for treatment, whilst more time and care will be needed for poorer bone, possibly extending treatment time past 6 months.

HOW LONG DO IMPLANTS LAST?

If there is no reason to shorten the duration of your treatment then be prepared to wait – nobody loses an implant from being patient. During the period after the new teeth are fitted, the success of each treatment stage will be the main determining factor in how well your implants are performing. Once the implants and surrounding bone and tissue have been allowed to heal properly and your new teeth are fitted comfortably, it will be the quality of your home care and willingness to attend for regular hygienist appointments and maintenance reviews that will have the most influence on how long implants remain healthy.

Implants require as much care and attention as natural teeth in order to remain healthy. When poorly cared for, implants will develop a covering of hard and soft deposits, if left untreated these deposits can lead to gum infections, bleeding, pain, and discomfort. Implants are very similar to natural teeth in that they will generally last as long as you care for them.

Well maintained implants that are supported by adequate bone can be expected to last for many years, and quite possibly your lifetime. However, just as you would expect with conventional crowns and bridges to need occasional repair or replacement during their lifetime, this may also be the case of your implant supported teeth.

SINGLE IMPLANTS

Teeth can fail and be lost for a number of reasons including, infection, failed root canal treatment, trauma, fracture and so on. If you are missing a single tooth, there are a number of options available.



Solutions:

A single Implant holding a single crown

- Gold standard long-term solution that looks, feels and functions just like a natural tooth
- Helps support and protect the long-term health of the mouth. The surrounding teeth and underlying bone are also maintained
- Very high rate of success

THE ALTERNATIVES TO AN IMPLANT FOR REPLACING A SINGLE TOOTH ARE:

1. A partial removable denture

- Does not produce aesthetically pleasing results
- May impair ability to eat and speak normally
- The underlying bone will shrink away due to lack of stimulation
- The position of the adjacent and opposing teeth will distort over time through lack of support

2. A bridge using adjacent teeth

- Healthy tooth structure from adjacent teeth will need to be drilled to attach the bridge, shortening their lifespan
- The underlying bone will shrink away due to lack of stimulation
- Extra pressure on the supporting teeth during chewing

MULTIPLE IMPLANTS

When multiple teeth are missing you do not always need one implant placed per missing tooth.

One implant can usually support several teeth using a bridge or a denture. The number of implants that are required depends on the volume and density of the bone tissue at each site.

Solutions:

Implants supporting multiple teeth

- Gold standard long-term replacement that looks, feels, and functions just like a natural tooth
- Fixed in place, no need to remove them to clean
- No damage to the adjacent healthy teeth
- Very high success rate

THE ALTERNATIVES TO IMPLANTS FOR REPLACING MULTIPLE TEETH ARE:

1. A partial removable denture

(As before)

2. A bridge using adjacent teeth

(As before)



FULL MOUTH IMPLANTS



In the case of full-mouth reconstructions, where an arch of teeth needs to be supported in either the upper or lower jaw, a minimum of 4-6 implants would need to be placed.

The exact number of implants required would depend on the individual case and your implant dentist will be able to advise you on the best recommended solution for you once your consultation has been carried out. If you are missing a full arch of teeth, an implant supported bridge, or denture can replace them.

Dental implants provide several advantages over other replacement tooth options. In addition to looking and functioning like natural teeth, implant supported full bridges or dentures are designed to be long-lasting.

These types of restorations are also more comfortable and stable than traditional dentures, allowing you to retain a more natural biting and chewing function. In addition, implants replace the roots of your teeth, meaning that your bone will remain preserved as it is being stimulated, rather than allowed to resorb (shrink away), as would be the case with traditional dentures.

In the long-term, implants are much more aesthetic and easier to maintain than conventional dentures. The loss of bone that accompanies traditional dentures leads to recession of the jawbone and a collapsed, unattractive smile and facial structure.

Implant Solutions include

1. Implants supporting a permanently fixed bridge

- Looks and functions like natural teeth that are completely secure and cannot move
- Only removable by a dentist
- The gold standard option for replacement

2. Implants supporting a denture

- Most cost-effective option
- Removable for easy cleaning
- Fits securely but still allows some movement during normal chewing

TEETH IN A DAY DENTAL IMPLANTS

Of all the dental treatments we offer, this is by far the one that our team is most proud of every time they carry it out. It always continues to amaze us, watching the lives of our lovely patients transform in front of our eyes in less than 8 hours. Teeth in a day will allow you to walk away, the same day, with both your smile and your confidence reinstated. Usually, patients who require implants to replace missing or failing teeth will need to undergo a series of appointments, which can take a number of months to complete. However, at Belmore Dental we are able to take you from complete tooth loss, to a stable, fixed, natural smile in just a matter of hours. So, for those who wish for their treatment to be completed as quickly as possible and without the need to wear uncomfortable temporary teeth, this is the perfect treatment for you!

Teeth in a day is carried out in much the same way as a regular implant treatment, however, a full arch or full mouth of teeth is replaced in one go, and instead of having multiple appointments and removable temporary teeth, the majority of the treatment is carried out in one single visit, after which you will leave with a fixed set of teeth for the duration of your healing period.

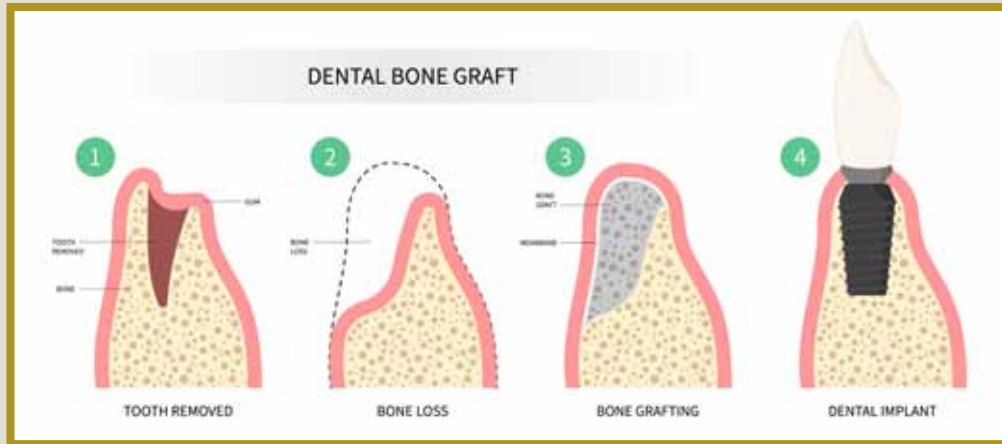
It can take around three months for dental implants to embed into the jawbone, a process called osseointegration. During this healing period, you will have fixed teeth which remain in place night and day, just like natural teeth. Unlike traditional implant treatments, teeth in a day takes away the need for missing teeth between appointments, or wearing an uncomfortable removable denture to fill the gaps while your implants are healing. After your healing period is over, your temporary fixed set of teeth are replaced with a permanent set, ensuring your final teeth are the perfect fit for your settled, healed gums.

BENEFITS OF TEETH IN A DAY

- Fast and efficient – teeth in a day will reduce the number of appointments required for implant treatment, causing as little disruption to your busy lifestyle as possible
- No need to wear a temporary denture, which can look unnatural and may become ill fitting as your gums heal after surgery
- Beautiful aesthetic results
- Improved speech and comfort
- Enhancement of the whole face, having the support provided by teeth will lift the face and prevent the look of premature ageing that is associated with tooth loss
- Your bite function is restored, so you can eat, drink and chew as normal, without worry
- The treatment is virtually pain-free throughout, bruising and/or swelling may be experienced post-surgery but this can be easily managed with over-the-counter pain killers
- The bridge that is placed onto the dental implants is fixed and can't be removed, only by your dentist. Your teeth will not slip or move.

BONE REPLACEMENT OPTIONS

If you have been told previously that you are unsuitable for dental implants due to bone loss, we might just have the solution you have been searching for!



A bone graft is a highly specialised surgical procedure which plays an important role in our ability to place dental implants for patients who have experienced bone loss. In the past, those who did not have adequate bone height or thickness would have been told they couldn't have dental implants.

Thankfully, with advances in modern implant dentistry, we now have successful techniques to restore lost bone, and make it possible to give you your smile back.

A key factor in the success of dental implants is the quality, and the quantity of bone available in the area that the implant is being placed. When teeth are missing or have been extracted without being replaced, unfortunately the bone around them will also begin to be lost, leaving a less than ideal base for a stable dental implant.

Most people who have implants placed will not require a bone graft, however if there is a distinct lack of bone, our expert implant surgeons are highly skilled at providing these procedures.

THE DIFFERENT TYPES OF BONE GRAFT WE PROVIDE INCLUDE:

Guided Bone Regeneration (GBR)

This is the most common type of bone augmentation procedure that we carry out, usually at the same time as the implants are being placed. Other than a few minutes of extra surgery time, you won't notice anything different during your treatment.

A unique type of material will be added around the implant and any areas within the site that might have small bone deficiencies. This is a very predictable procedure that is used to increase the amount of bone volume that is present and provide a secure, sturdy base for your dental implant.

Socket Preservation

Sometimes also referred to as ridge preservation, this type of graft is placed into the socket immediately after a tooth extraction. This will fill the void that is left behind by the extracted tooth and prevent the sides of the socket from caving inwards.

Sinus Lifting

The bones within the face are hollow and contain 'air spaces' we know as our sinuses. The maxillary sinuses sit above the upper back teeth, when a tooth is lost, the floor of the sinus usually drops down into the space where the roots of the tooth used to sit. To place an implant, it is sometimes necessary to push the sinus floor to where it was originally, this is done by adding a bone substitute material. This procedure is obviously not routinely required, it will only be necessary in cases where implants are being placed into the area of your upper back teeth and a CBCT scan has revealed unsatisfactory bone levels to securely support an implant here. Again, in the hands of our skilled practitioners, this is a very safe and predictable treatment.

Block Grafting

This is the most uncommon type of bone graft, it is rarely required, but when it is, it's usually because a lot of bone has been lost from the jaw. The area being treated is rebuilt using a block of bone taken from another area within the patient's mouth. This might sound like a complicated and invasive treatment; however, our dental implant surgeons are experts in this field, and these procedures are all carried out under a local anaesthetic, ensuring you don't feel any pain throughout.



LATEST TECHNOLOGY



At Belmore Dental, we stand by the importance of bringing our patients the latest and best treatments and technologies. That's why we are constantly researching, developing skills and knowledge, and staying ahead of the game.

The fast-moving world of digital dentistry has revolutionised not only the treatments that we are able to offer, but also the way in which we are able to carry them out.

CBCT Scanning

The safety of our patients is of the highest importance to us, that's why we use a high tech CBCT scanner that emits very low doses of radiation, whilst being able to provide us with incredibly detailed 3D images of the teeth, and surrounding structures.

CBCT scanning is extremely important in dentistry, especially with regards to assessing for dental implants. CBCT scanning allows us to not only view things in great detail, but to also diagnose issues that may not be seen on a traditional x-ray. CBCT scanning remains a vital tool in the treatment planning process.

Intra-oral Scanning

Our latest investment is the iTero Element 5D intra-oral scanner, a cutting-edge digital scanner that delivers a seamless experience to our patients with more precision and speed than ever.

We no longer have to take messy, uncomfortable impressions of your teeth, the iTero has streamlined our processes and makes for a much more pleasant experience for our patients.

Along with this, the iTero also comes with built-in caries detection technology, meaning we can assess and monitor the health of your mouth over time. For patients who are also interested in Invisalign, with the iTero scanner we also have the ability to show you a visualisation of your post-treatment smile to give you an idea of how your results will look.



DIGITAL SMILE DESIGN (DSD)

Digital smile design is an innovative new system that allows us to really involve you in the design process of your new dream smile, giving you the opportunity to visualise the end result, before you even begin!

When you are not happy with your smile, it can be a real drain on your self-confidence. When you are making an investment in your smile DSD ensures that your treatment outcome is perfect, leaving you with a transformation that not only positively impacts your smile, but also your happiness.

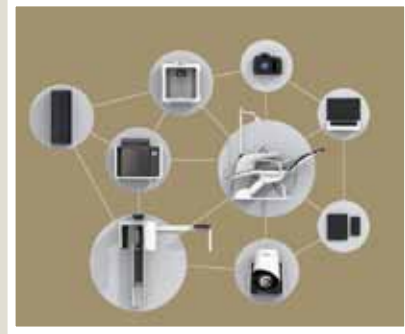
We like to refer to DSD as 'the architects plan' for your new smile. By utilising DSD, we can make sure that your new smile works harmoniously with the rest of your facial features. We understand that the perfect smile is more than just an aesthetically pleasing set of teeth, your smile must fit the characteristics of your face and help your personality to shine through.

HOW DOES DSD WORK?

Step 1. Data Gathering

We all smile differently. Those who have spent a long time unhappy with their smile may have developed a habit of smiling with a hand covering their mouth, some people smile confidently, but only with their mouth closed.

The data gathering stage involves taking a series of digital images in a variety of forms, this usually includes photographs, an intra-oral scan and possibly a video.



Step 2. Planning

Once we have done our preliminary data gathering, we can begin to plan your treatment. We will review this with you to uncover what your main concerns are and what specific changes you are hoping to make, before recommending personalised treatment options based on our findings.

Step 3. Smile Designing

Many dentists who do not offer digital smile design do not fully take into consideration the importance of viewing the smile holistically. Incorporating functionality, aesthetics and health into the treatment planning process ensures that you leave with nothing short of your dream smile.

From this stage we work very closely with our expert smile design lab, when your new smile has been created, we are able to not only show you the end results digitally, we are also able to provide a physical 'mock up' on your teeth so you can 'test drive' your new smile.

Step 4. Treatment

Once all of the final tweaks have been made and you are happy with your newly designed smile, it's time for the real transformation to begin! There will be no surprises at this stage, as you will already know what your new smile is going to look like. Once your treatment is complete, you won't want to stop smiling!

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IMPLANT & AESTHETIC CLINIC



OPENING HOURS

Monday – Thursday 9am-5pm / Friday 9am – 4pm

IN AN EMERGENCY

During surgery hours please contact one of our friendly reception team on 028 6632 9222

On weekends and bank holidays, there will be an emergency dentist on call to deal with cases involving pain or swelling. To access this service, please phone the practice after hours and you will receive contact details for the on-call dentist via recorded message.

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IMPLANT & AESTHETIC CLINIC



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