

# Missing Teeth?

Discover a permanent solution for a healthy, natural smile.



# Are you currently putting up with the inconvenience of a missing tooth?

Maybe it's several missing teeth and you can no longer chew or eat properly or even pronounce... certain words.

Whatever dental crisis you may be going through whether it's jaw pain, food getting stuck, your partner complaining about your bad breath, or not being able to eat the foods you love — *We're here to help fill in the gaps.*



WHAT HAPPENS WHEN YOU LOSE A TOOTH?



WHY YOU SHOULDN'T IGNORE MISSING TEETH



WHAT ARE MY OPTIONS?



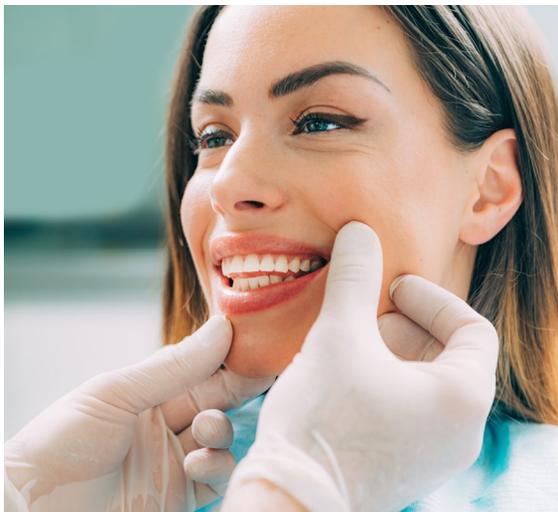
ARE DENTAL IMPLANTS RIGHT FOR YOU?



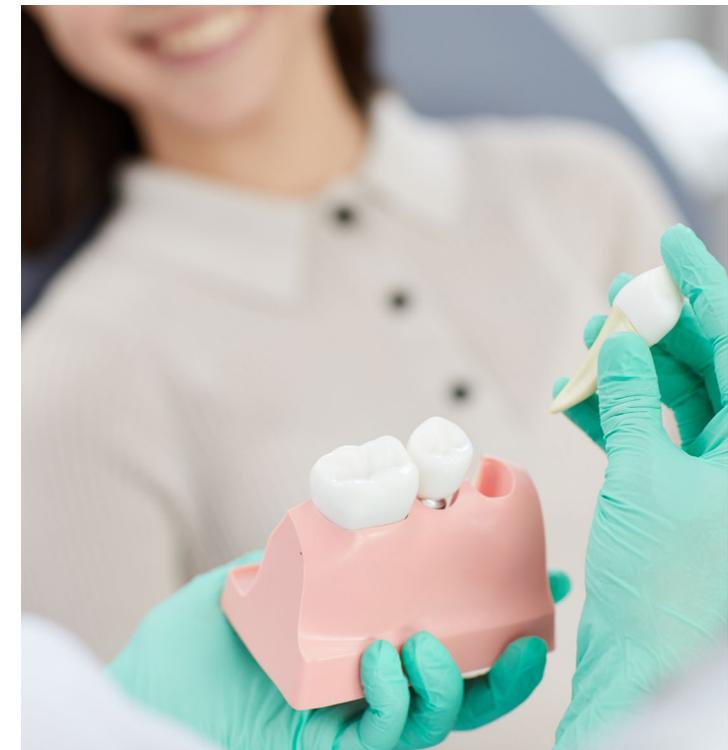
THE COSTS FOR A NEW SET OF PERMANENT TEETH



HOW TO PRESERVE YOUR SMILE



This comprehensive guide will help you discover what type of dental treatments are available to replace missing teeth and how they help to restore the natural look and function of your smile.





# What happens when you lose a tooth?

Generally, patients will seek professional help for a number of health concerns, which includes the inability to chew or speak, pain and discomfort, or the affect it may have on your general health.

Another major factor is the unsightly appearance of having a gap in your smile. However, losing a tooth is not the end of the world.

In fact, thanks to modern day dentistry, there are plenty of dental treatments, including dental implants, which can remedy your broken smile and restore natural function. It all grinds down to how much is this missing tooth bothering you?



OR



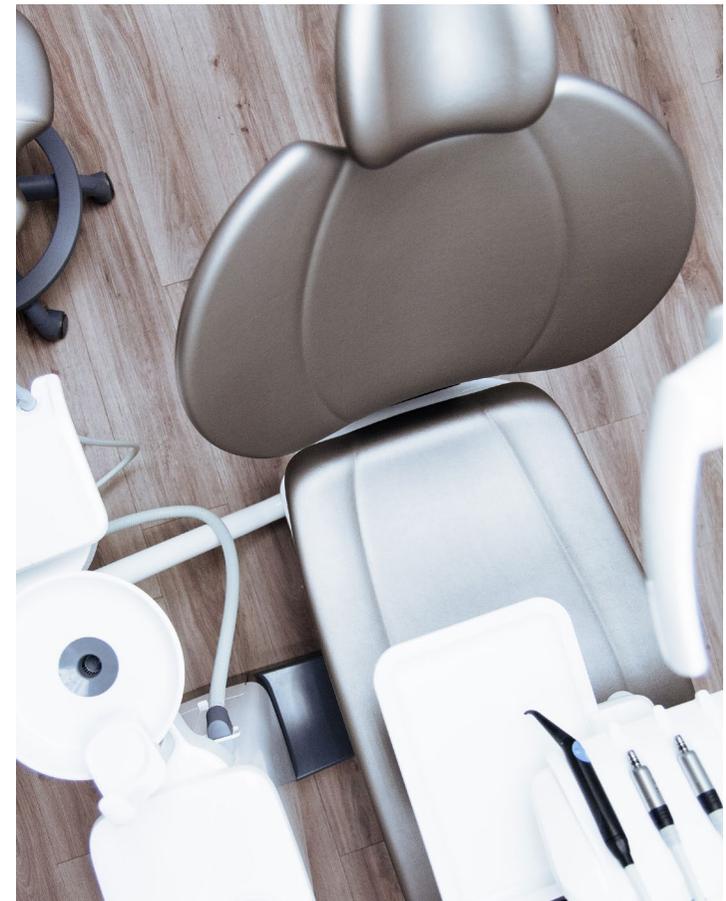
**A.**

I don't care for now, it's right at the back of my mouth out of sight and out of mind.

**B.**

I am experiencing difficulty when chewing and biting but I am afraid to go to the dentist.

If you have any concerns about your missing teeth and think you may require dental treatment, it is a good idea to book a consultation with an experienced dentist here at Tandara Dental Centre.



# What happens if you ignore a missing tooth?

If you're missing one or more teeth at the back of your mouth, you probably think it's not a big deal since they don't affect your smile or appearance.

However, front or back, if you choose to delay or avoid seeking dental treatment, this can lead to more serious oral and general health issues, resulting in more extensive and costly treatments. Here's what happens when you choose to ignore a missing tooth:



## Tooth decay and gum disease

Teeth that have moved can also change your bite.

If your teeth start to shift because of the gap, you may not be able to reach all surfaces of your teeth when brushing and flossing, which can cause a layer of bacteria to form on your tooth surface.

This can increase your risk of tooth decay and gum disease which can lead to further tooth loss. Not only does it put your oral health at risk, it can also put your overall health at risk, with gum disease linked to more serious health conditions including heart disease and diabetes.

## Teeth misalignment

Your teeth naturally support each other, so when one is missing, it can cause adjacent teeth to lean and shift into the gap. This shifting can cause a domino effect on the rest of your teeth, eventually causing all neighbouring teeth to begin to lean into that space.

Over time this can lead to a crooked smile, bite problems, joint pain and headaches. Your teeth become misaligned, making it harder to clean in between, which can lead to tooth decay and further tooth loss.

## Bone loss

You may not know this but your teeth help support your jaw by stimulating bone growth. When one or more teeth are missing, the bone in that area no longer gets the stimulation it needs to grow, resulting in bone loss.

Over time, this bone loss can lead to your jaw shrinking, making it less stable to support the remaining teeth and eventually altering the shape of your face.

# What are my options?

Dental implants are a permanent solution for those who are suffering from a missing tooth or several teeth due to injury, tooth decay, gum disease, or looking to replace loose dentures. There are varying procedures for different situations, whether you've lost a single tooth or several, here are some dental solutions available.



## Dentures

Dentures are a cost effective dental solution that are cheaper than dental implants and provide immediate satisfaction of filling in the gaps of missing teeth. They are completely removable and are made to match existing teeth colour to blend in with your natural smile.

However, partial and full dentures can cause gum and bone loss, resulting in jaw bone deterioration. As your gums and bones start to shrink, the partial dentures will be pushed out of place and become 'loose'. This is where the fear of dentures slipping out while talking or eating come in.



## Bridges

Bridge are a fixed option for replacing missing teeth when those area are surrounded by natural teeth. The teeth on either side of the gap are trimmed to a smaller size and crowns are placed on these teeth. A crown is attached to these to mimic the missing tooth/teeth.

However, in most cases, healthy teeth are cut to place these crowns and this can reduce the lifespan of these teeth. In some cases, a root canal treatment may also be required on these healthy teeth to place crowns on them which can reduce their life further.

# Are dental implants right for me?

Dental implants are a reliable way to replace your missing teeth for life, providing you a permanent solution for missing teeth due to injury, tooth decay, gum disease, or loose dentures replacement. Dental implants in Perth has become a fairly common procedure for those who are looking for a long-term solution to replace their missing teeth. If you have a reasonably strong jaw bone, do not suffer from gum disease, and you're a non-smoker, you will most likely be eligible for a dental implant. If you currently smoke or have a specific lifestyle that requires you to work remotely, we recommend booking a personalised consultation with Dr. Rai at Tandara Dental Centre to discuss what's best for you.





### **Implant-Supported Bridge — Ideal if you are missing two or more teeth**

If you're missing several teeth, then a fixed implant-supported bridge will provide you with a long-term solution that looks and feels just like your very own.

Unlike traditional dentures or bridges, which usually compromise neighbouring teeth, tend to be loose (in cases of dentures), and cause your gums to recede, a dental implant bridge is more comfortable while providing better stability and function. Enjoy the benefits of being able to eat freely, speak clearly, and smile without the fear of your teeth falling out.



### **Implant-Supported Denture — Ideal if you are missing several teeth in a row**

If you no longer have any of your natural teeth or have had enough of dealing with loose dentures, dental implants offer you a permanent and hassle-free solution. Also known as all-on-x, is a dental procedure that involves placing a complete set of teeth onto 4 to 6 dental implants that look and feel just like natural teeth.

These can be fixed or removable. They are more comfortable and secure than traditional dentures, and work just like normal teeth, improving your ability to bite, chew, and talk. Implant-supported dentures can last a lifetime with proper oral care and hygiene.



### **Single Dental Implant — Ideal if you are missing one tooth**

A small titanium screw is placed into your jaw in a relatively quick and painless procedure. An abutment, which will join your implant to the new tooth will be attached on top.

Over a short period of time, the dental implant will integrate with your jawbone in a process known as osseointegration. An artificial tooth (dental crown) will be made specifically to match the rest of your teeth and placed onto the abutment. Before you know it, you'll be enjoying all the benefits of a normal tooth, giving you the confidence to smile, bite and chew freely.

# Why dental implants?

If you have a missing tooth or several, dental implants offers you a solution with many advantages. At Tandara Dental Centre Gosnells, we understand the need for a complete set of natural teeth, not only to eat and speak better, but to smile with confidence.

This is why we offer and recommend dental implants as a preferred solution for teeth and traditional dentures replacement, here's why.

**PRESERVE YOUR BONE:** Dental implants keep your jaw bone healthy and strong by preventing bone resorption (bone loss) and preserving nearby tissue that is experienced with missing teeth.

**NON-INVASIVE METHOD TAILORED TO YOUR MOUTH:** The dental implant procedure doesn't sacrifice the health of adjacent teeth. Alternative dental treatments including loose dentures or a dental bridge quite often require the neighbouring teeth to be filed down to support the cemented bridge. However, dental implants are tailored to your mouth and do not need surrounding teeth to be filed or cut.

**BOOST YOUR CONFIDENCE:** Dental implants are made to match your exact size, shape and shade of your natural teeth.

The non-invasive method does not cause your gums to recede allowing you to enjoy the natural aesthetics of normal teeth and ultimately improving on your physical appearance and functionality. Whereas dental bridges tend to cause the gums to recede over time, exposing the base of the metal bridge, resulting in a less attractive appearance.

**NO SPECIAL CLEANING DEVICES NEEDED:** Simply clean your artificial teeth just like the rest of your natural teeth. No cleaning devices or mixtures necessary.

**LAST A LIFETIME:** With proper oral care and hygiene, your dental implants can last for more than 25 years.





# The first step towards a perfect smile

We understand this whole process can sound confusing and scary, this is why Tandara Dental Centre offers a free personalised consultations to discuss what are your options and if dental implants are right for you.

Together, we'll address your needs and concerns, what is involved with each form of treatment and tailor a solution that best fits you. This way you can make an informed decision that you are happy with.

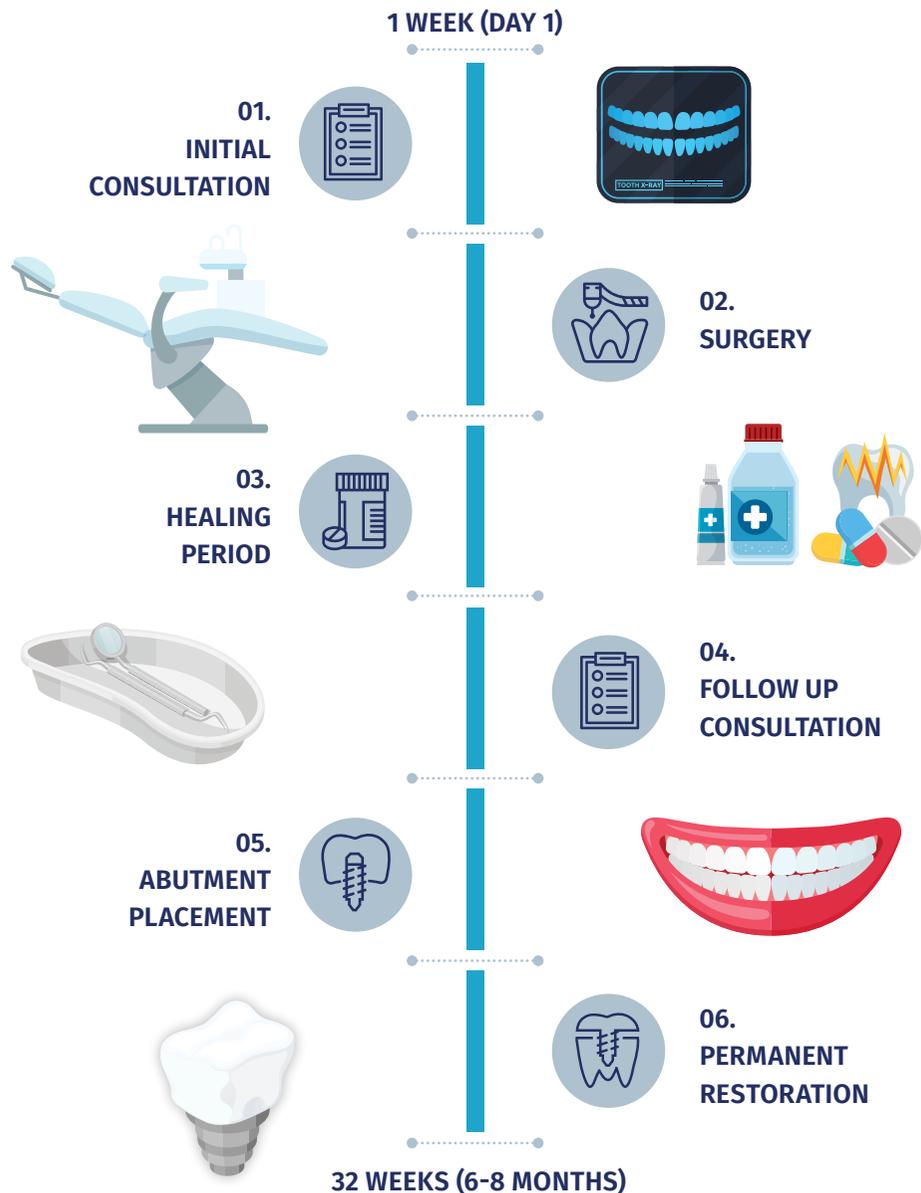
## **What's the process for dental implants?**

Depending on the current condition of your smile and the complexity of your case, your dental implant timeline can span several months.

To ensure the success of your implants, you should maintain realistic expectations and remain fully committed to the treatment plan recommended by your dentist.

Treatment typically begins with a consultation and preparatory procedures. Surgery is followed by a recovery of approximately three to six months before you can receive your permanent dentures, bridges, or crowns.

# Our dental implants process



**01. INITIAL CONSULTATION:** First, we evaluate the health of your smile and identify concerns such as gum disease. If you have preexisting oral health issues, these may need to be treated first to ensure the success of your treatment.

Then we take a 3D scan to assess the thickness and density of the bone jaw. Once we have this information, we can precisely plan where and at what angle and what size implant should be placed.

We will be able to provide you with a proposed treatment plan and an accurate timeline. If you require preparatory surgery, your doctor will schedule these. Otherwise, your dental implant surgery can be scheduled soon after the consultation.

**02. SURGERY:** Dr Saurabh will get a surgical guide constructed to place the implant in the correct 3D orientation, then he will surgically place the implant and in most cases cover it with gum tissue in a relatively quick and painless procedure. Depending on how many implants need to be placed, the procedure will last approximately one to four hours.

**03. HEALING PERIOD:** Immediately after the surgery, it will take about two weeks for the incisions in your gums to heal. Then, we allow a period of time for the implant to integrate with the bone, this is called Osseointegration and can take anywhere from three to six months for it to completely heal. Once healed, your implant acts as a structural base for your new tooth.

**04. FOLLOW UP APPOINTMENTS/CONSULTATION:** During this time, you will have follow-up appointments to monitor your progress and determine when are ready for your permanent restoration.

**05. ABUTMENT PLACEMENT:** You will be fitted for abutments. These will anchor your restoration securely to your jawbone and take approximately two weeks to heal.

**06. PERMANENT RESTORATION:** First, an impression will be taken and sent to the lab where your dental crown will be made. It takes 2 to 3 weeks to make the crown. Once the crown comes back from the lab, it is attached to the implant.

# How much do dental implants cost?

When it comes to dental implants, there is no one size that fits all. Different people have different jaw bones and a different number of missing teeth. A single implant can cost anywhere from \$4,500 to \$6,000 and dental implant quality and brand will affect the overall price, this is why it's important when comparing prices, to make sure they are comprehensive.

Does the price cover the cost of a consultation, implant, abutments, and any other attachments required? Other factors that can influence the cost of dental implants:



NUMBER OF TEETH REPLACEMENTS



LOCATION



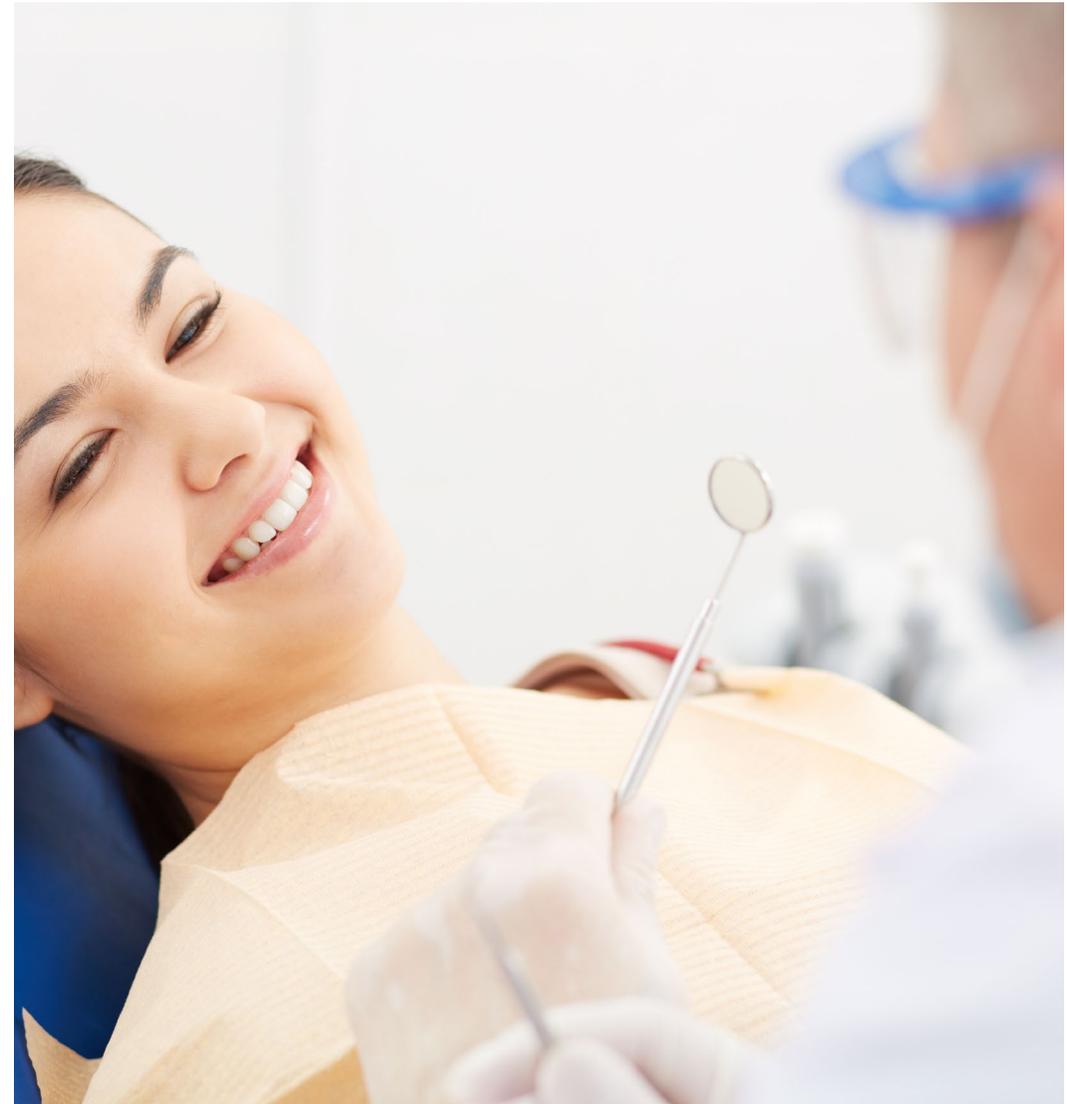
BONE DENSITY



NUMBER OF TEETH EXTRACTIONS



ORAL HEALTH



We understand this process can seem discouraging, this is why Tandara Dental Centre Gosnells offers affordable comprehensive dental implant solutions. Before we begin any sort of dental treatment, we'll sit down with you in a personalised consultation and address all your concerns and questions to provide the best possible dental implants treatment Perth has to offer.

Book a consultation with our dental implants expert Dr. Rai, who will be able to run you through all your options as well as the costs with you.

# Comparison Chart

Fill in this chart as you discuss your tooth replacement options with your dentist. Then, use it to help make a decision on which option is best for you.

	Fixed Bridges	Removable Partial Dentures	Implants
<b>Length of treatment/ # of visits needed</b>			
<b>Cost</b>			
<b>Durability</b>			
<b>Length of recovery</b>			
<b>Ease of eating/ drinking</b>			
<b>Comfort in mouth</b>			
<b>Natural-looking</b>			
<b>Other</b>			

## Dental Dictionary

Here is a list of words that were used in this brochure. Your dentist may refer to these terms when he or she is discussing your treatment plan with you.

**ATTACHMENT TOOTH/TEETH:** The prepared teeth on either side of the gap that hold the fixed bridge in place.

**BRIDGE:** A tooth replacement option that fills the space where one or more teeth are missing by permanently connecting a replacement tooth or teeth into place.

**CROWN:** A “cap” that is either placed over attachment teeth as part of a fixed bridge or placed over an implant itself to serve as a new tooth replacement.

**PARTIAL DENTURE:** A tooth replacement option in which the replacement teeth are fixed to a metal or acrylic base. It has clasps that attach to your natural teeth to hold the denture in place and is removed daily to be cleaned and while sleeping.

**IMPLANT:** A tooth replacement option in which a metal post is surgically placed in the upper or lower jaw bone and acts as a support for a replacement tooth or teeth.



# What to do post dental implants surgery

After surgery is where you will be most at risk of infection and other complications, so it's important to pay close attention to post op care instructions that have been provided by your dentist. Here are some helpful tips to consider in the first few weeks post dental implant surgery.



Don't forget to take your medication. Taking your medication on time will ensure a swift, painless and infection free recovery without any setbacks.



Organise what you're going to eat. Avoid hard foods during the healing process. Your dentist may advise you a soft-food diet for a few weeks.



Drink plenty of water. Stay away from hot drinks and begin drinking water 2 to 3 hours after surgery. Staying hydrated will speed up recovery with fewer complications.



Get plenty of rest. Sleeping is the fastest way to recover. Avoid any sort of strenuous exercise or activities. Take a couple of days off after the operation to give your body time to rest and recover.



Attend to bleeding immediately. As soon as you notice any bleeding, bite down on some gauze and apply a little pressure for about 20 minutes. If the bleeding does not stop after 30 minutes, apply a cold pack to the surrounding jaw area. If the bleeding still persists for more than 24 hours, contact your dentist immediately.



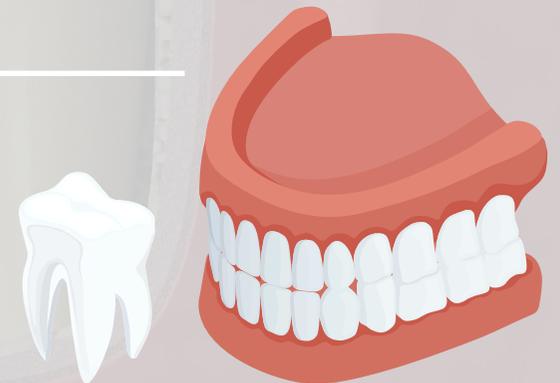
Reduce swelling. Swelling, bruising, pain and headaches are normal reactions that may occur and usually resolve within one or two weeks. Apply an ice pack to the surrounding jaw area for around 20 minutes every 3 hours. You will be provided with medications to assist with discomfort.



Rinse with warm saltwater. Unless you have been instructed otherwise by your dentist, rinse your mouth with warm saltwater a few times a day to prevent infection.



Avoid smoking. Smoking can slow down the healing, cause discolouration to your new dental implants, damage the gum, and increase the risk of infection. It can also increase the risk of implant failure.



# Simple tips to care for your dental implants



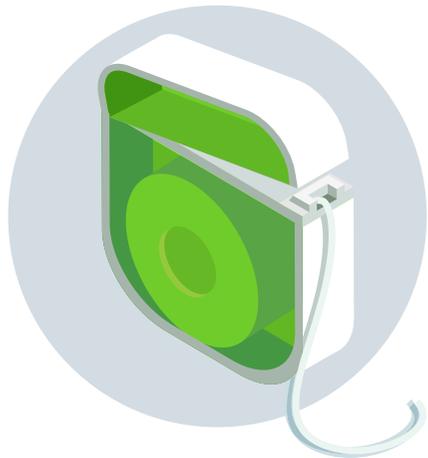
Brush after every meal.



Use fluoride toothpaste to reduce the risk of decay in your natural teeth.



Use a toothbrush with a small head and soft bristles.



A toothbrush cannot reach between the teeth or gum line so make sure to floss your teeth at least once a day.



Try to avoid smoking at all costs. Smoking impairs the healing process and increases the risk of infection and implant failure.



Limit your intake of sweet foods and sugary drinks. We recommend brushing your teeth afterwards if possible.

# Why Choose Tandara Dental?

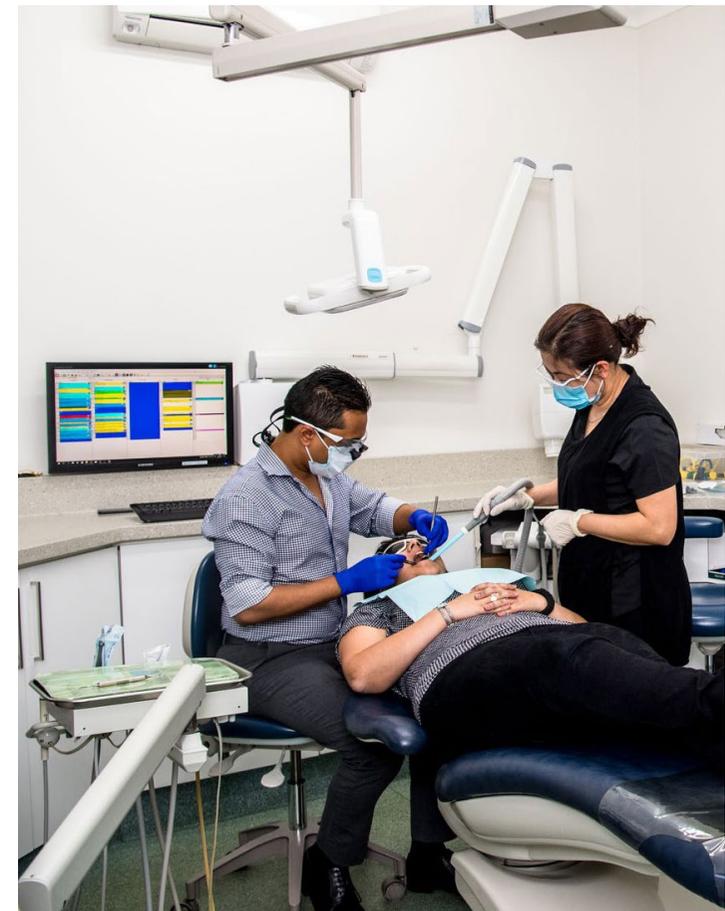
We understand that for some, going to the dentist can be an uncomfortable and nerve-racking experience. That's why our friendly team is committed to making you feel completely relaxed and comfortable — after all our name does mean 'rest here'.

Our dedicated team of dentists is comprised of experienced and skilled professionals specialising in all aspects of dentistry, including restorative, preventative and cosmetic dentistry. By working closely with you in a personalised consultation we can develop an understanding of your desired results and dental needs, allowing us to find a dental solution that is tailored to your requirements.

We have been committed to serving the families in our community, schools and surrounding areas with quality dental healthcare for over 30 years.

We continually strive to improve our dental practice through professional development, so we can provide you with the best in oral health and education.

Whether you've been with us for the last 30 years or you've just walked in, you're never a stranger at Tandara Dental Centre Gosnells.



If you have any concerns about the appearance or function of your smile, book a personalised consultation with Tandara Dental Centre today.

# Frequently Asked Questions

## Would the colour match with my teeth?

One of the major benefits of choosing dental implants is that the crowns can be made to match the exact colour of your existing teeth. So you can enjoy a perfect set of pearly whites without any discolouration.

## How often do I need to visit the dentist after implants? What does tandara recommend?

We will check your implants once a month during the healing period and then frequent checkups every 3 to 6 months are required same as normal teeth.

## Can it be replaced if damaged?

The crown on the implant can be replaced if damaged.

## Is there a risk of infection and how to identify it?

Infection can be caused if you do not take care of your implants and red/sore gums around implant, implant feeling loose, pus draining from implants area are some of the signs of infection.

## Will I have a temporary crown or solution while the implant is done?

A temporary dental solution can be put in place while you wait for your implant to heal and for your permanent crown to be made.



### Tandara Dental Centre

2194 Albany Hwy  
Gosnells, WA 6110

### Phone

(08) 9398 5005

### Opening Hours

Monday	8:00 am - 5:00 pm
Tuesday	9:00 am - 6:00 pm
Wednesday	8:00 am - 6:00 pm
Thursday	8:00 am - 8:00 pm
Friday	8:00 am - 6:00 pm
Saturday	9:00 am - 2:00 pm