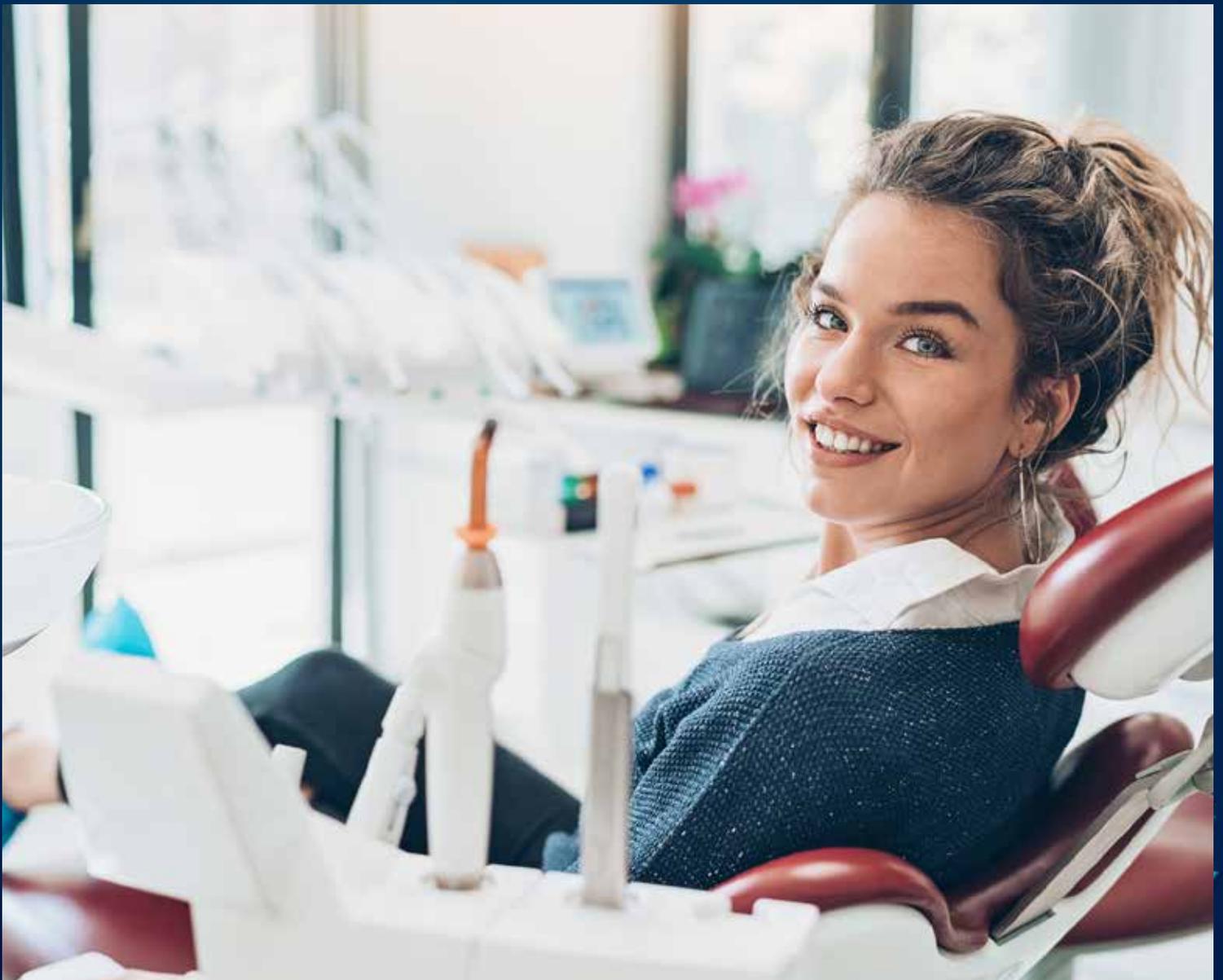


# The Ultimate Guide To Fixing Your Smile Forever, In Record Time, Without Piercing Pain



# Tooth Loss: You Are Not Alone

Are you missing teeth? Are you missing out on all that life has to offer because of it? Don't worry, you are in good company. According to the American College of Prosthodontists, more than 36 million Americans do not have any teeth, and around 120 million of us are missing one or more teeth.

The number one cause of tooth loss is periodontal, or gum, disease, followed by tooth decay (cavities!), injury, cancer, or simple wear and tear over time.

It is always best to keep your natural teeth, but if you are one of those millions of Americans missing a tooth or teeth, there are easy solutions to restoring those missing pearly whites and improving your quality of life.

Let's talk about the most modern and convenient ways to replace missing teeth – implants and dentures.

# Why Replace Missing Teeth?

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Replacing missing teeth is about more than just appearances. It is a way to improve your physical health as well as your sense of well-being and outlook on life.

When teeth go missing, it changes the shape of your mouth and face. Missing teeth is also the #1 cause of jaw bone loss. You are more likely to suffer from painful issues with your temporomandibular joint. There can be a great deal of pressure on that joint when the jaws don't fit together properly, and this can lead to a wide range of issues including jaw, ear and face pain, ear ringing, clenching, grinding and difficulty chewing.

Remaining teeth may move around. When a tooth is missing, adjacent teeth start to drift to fill the space. Extra pressure on those teeth makes them vulnerable to fractures. Plus, exposed gums are more vulnerable to injury and inflammation.

Not having a full set of teeth means limiting your diet in a way that will probably exclude some of the healthiest foods you can eat, such as crunchy fruits and vegetables. You'll miss out on protein sources like steak. Plus, the inability to chew food can lead to digestive problems like acid reflux.

It's a well-documented fact that people who smile and laugh regularly are healthier. If you are missing teeth, you might be missing out on a lot of other great things, too. Your mental health may take a beating and negatively affect your personal and professional relationships. That's certainly no way to live!

Dental implants and modern dentures can give you back a youthful smile and help you achieve better health while improving your overall quality of life.



# History of Implants





Humankind has been attempting to restore missing teeth for over 4,000 years! Archeologists found century's old human remains in China with bamboo pegs tapped into the jawbone to replace missing teeth. Egyptians tried precious metals a couple thousand years ago, and the Mayans, around 600 AD, attempted to replace missing incisors with pieces of shell carved to resemble teeth.

Centuries later, Dr. Per-Ingvar Branemark, often thought of as the father of modern implants, discovered titanium was biocompatible with human tissue and bone, meaning the body would fuse with it in a process known as osseointegration, and thus modern dental implants were born.

Now many dentists specialize in the placement of implants to replace a missing tooth or teeth and as a sturdy anchor for dentures. If you think dentures or dental implants might be right for you but are worried that they are uncomfortable or look odd, keep reading.

Every day, people across the globe are finding about out the comfort and durability of modern solutions for missing teeth. You might be surprised when you learn more about options that are available to you.

# Are Dental Implants Painful?

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It may surprise you to know that most people who get implants report very little pain or discomfort after the procedure. Your mouth will help up in no time, and best of all, most implants last for decades! Before you know it, you'll be laughing, talking and smiling with confidence, and even eating whatever you like. Your dental implants will look so natural that no one will ever know you have implants unless you tell them.

A local anesthesia and some over-the-counter painkillers are probably all you will need to sail through an implant procedure. While some people do require more heavy sedation, most do not and remain fully or partially awake throughout the placement process.

Implants are major surgery, so it is to be expected that your jaw, chin, cheeks, and beneath the eye may feel some discomfort. And bruising is a possibility underneath the eyes. Ibuprofen will take away the discomfort, and implants tend to heal very quickly.

To alleviate minor pain and soreness, you can apply ice packs temporarily. Gently rinsing with warm salt water will soothe your gums while they heal.

The short-term discomfort in the healing process is no comparison to the life-changing, long-term results you will get with dental implants. Your mouth will heal up in no time, while most implants last for decades! Before you know it, you will be laughing, talking and smiling with confidence, and eating whatever you like again, and they will look so natural no one will know you have implants unless you tell them.

Don't you deserve to have your best smile back? Wouldn't you like to look like your old self with a full set of teeth and eat what you want? Implants could be the best gift you ever give yourself.

# What's the Process for Getting Dental Implants?

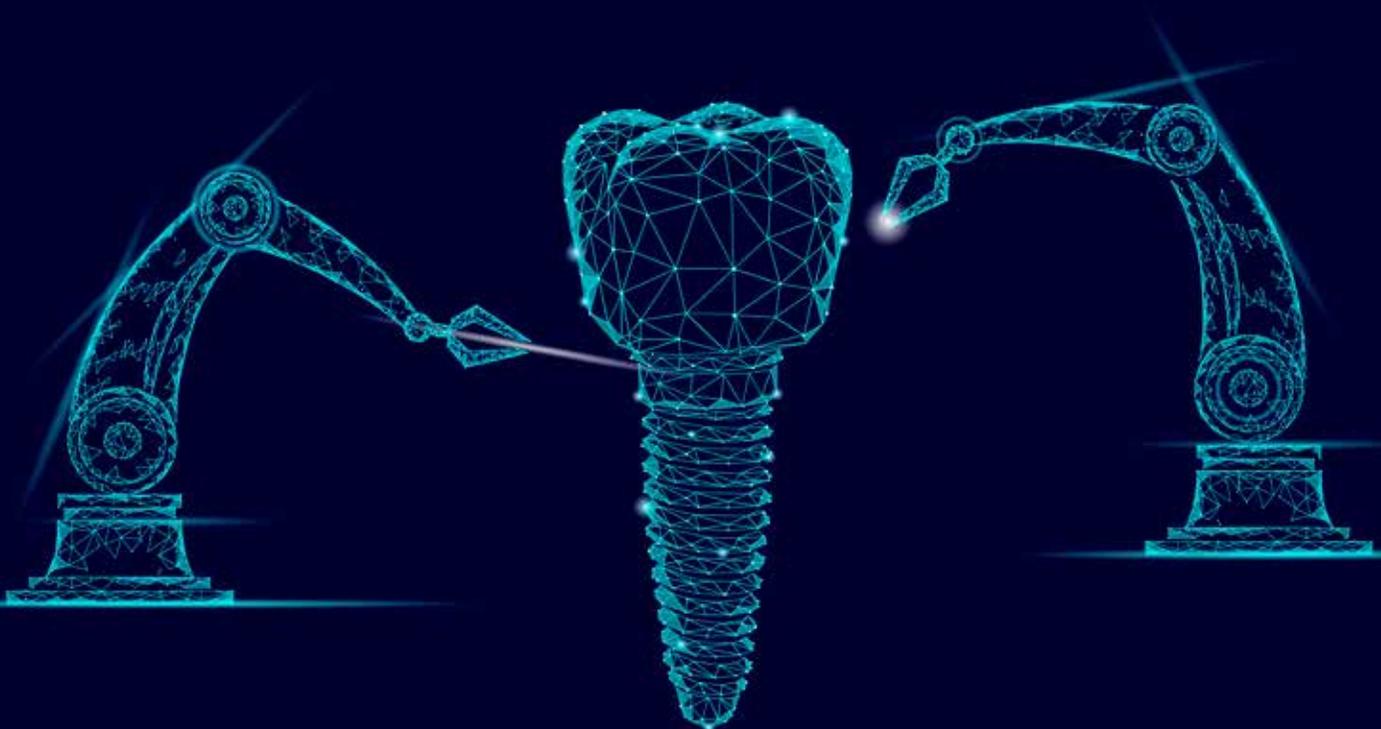
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The first step in getting dental implants is to ensure your mouth is as healthy as possible. Your dentist will screen your current teeth for damage or decay, and check your gums for signs of inflammation. They will take digital images of your jaw and impressions of your remaining teeth. Once your mouth is in tip-top shape, you can start the process of getting implants.

The post of the implant is made of titanium because of its compatibility with bone and tissue and its ability to be integrated into the body. It will be placed in the gum socket of the missing tooth. As your gum tissue and jawbone heal, it will grow around the titanium post, securely anchoring it. This process takes anywhere from six to 12 weeks, depending on the individual and how many implants they are getting.

When the implant is bonded to the jawbone and the tissue is completely healed around it, a small piece called an abutment will be attached to the implant post to hold the new prosthetic tooth in place. The new tooth, also called a crown, will be fashioned from an impression of your teeth and attached to the implant via the abutment. The new teeth will be shaded and sized to fit in seamlessly with your natural teeth. Once the dental implant procedure is completed the replacement teeth will feel and function just like your natural ones!



## Long-term Durability

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After your implants are in place, there is nothing extra special you have to do. Just care for them like you would your natural teeth by brushing, flossing, and rinsing with an anti-bacterial mouthwash daily. Continue to see your dentist for regular checkups and minor repairs if needed, and your implants can last a lifetime.

## Are Implants Right for You?

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If you are wondering if implants are right for you, the best thing to do is schedule a consultation with your dentist right away.

Those who are good candidates for dental implants have:

- Healthy gums
- Enough jawbone to hold the implant securely
- Are healthy enough to undergo routine dental surgery
- Are committed to excellent oral hygiene practices at home
- Will keep regular dental appointments

# What About Dentures?

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If your dentist determines implants are not right for you, then dentures are a great second option for replacing missing teeth. The design, comfort, and fit of dentures have improved greatly. Today's dentures are most definitely not like what your grandparents had.

Dentures were first made out of porcelain or plastic, which is prone to staining and not as durable as today's dentures made from a hard resin. New flexible polymer materials are used to ensure a smoother, tighter fit to the gum line that is much more comfortable than in the past, too.

Dentures, like implants, will help keep the shape of one's face normal and support the structure of the mouth. They can be made to look very natural, like real teeth, and one can eat most any food they like with dentures.

For those missing a few teeth, partial dentures can be fitted to replace them or you can have all your teeth replaced with a full set of dentures. They will be held in place by suction and/or with an oral adhesive, but can still be easily removed for cleaning and sleeping.



## The Best of Both Worlds: Implants and Dentures

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In many cases, those with missing teeth that are not candidates for a full set of implants can get both dentures and implants for the best of both worlds.

Implants are regularly now used to create a sturdy base on which to anchor dentures. This eliminates the annoying slipping that can occur when dentures are held in place only by an adhesive. With an implant-denture combination, most people discover they have a great replacement for missing teeth; one that allows them to eat what they want, talk normally and enjoy a brand-new smile.

## Can I Afford Implants or Dentures?

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Any investment in the health of your mouth and your self-esteem is a good one. Most dentists will work with you to find a way to finance your implants or dentures so you can get your smile back for a lifetime, long after you have paid for the implants or dentures. With your health and well-being at stake, if you have missing teeth, how can you not afford to not get them replaced?

# Something to Smile About





Thanks to modern dentistry, no one has to live life with missing teeth. With the advances in materials and procedures, everyone can have a complete set of teeth that look and feel natural.

Digital imaging, more flexible materials, and state-of-the-art technology mean that getting your implants and dentures is no longer a long, drawn out or painful process. With good oral hygiene at home and regular dental checkups, you can expect to have your implants and dentures for the long haul.

Get back to smiling and laughing with confidence. Never hold your tongue or skip your favorite foods because you are missing teeth. Let modern dentistry do for you what it has done for millions of Americans – replace your missing teeth with implants or dentures to give you a great smile that looks as good as it feels.

# 5 Common Myths About Dental Implants

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# 1 Implants are only for old people.

TRUE

**FALSE**

The truth is, gum disease and tooth decay affect people of all ages. Kids and adults can suffer tooth loss due to an injury to the face. Implants are an option for most people at any age who have experienced tooth loss.

# 2 Implants are too expensive.

TRUE

**FALSE**

Not true! Because tooth loss is common and it is critically important that you replace missing teeth as soon as possible, most dental implants providers will work with you to finance them. It is true that implants are more expensive than dentures and bridges, but they last much longer, 10 to 15 years longer, making them a better investment. The truth is, implants are the best option for replacing missing teeth and are a worthwhile investment in your health and smile with a good long-term return for your quality of life.

# 3 Implants look fake and silly.

TRUE

**FALSE**

The truth is, you've likely met countless people with implants and had no idea. The truth is, implants look very much like natural teeth. Your dental implant provider will precisely measure your mouth, take impressions of your natural teeth, and design implants that will blend seamlessly into your mouth. No one will know you have implants unless you tell them.

## 4 Dental implants are unsafe.

TRUE

FALSE

Modern dental implants are crafted from materials that have been used to improve human health for decades. The implant post is made of titanium, which integrates well into the body. Your body will grow around and integrate the post into your bone and gum tissue.

Titanium screws and pins have been used for decades to repair joints and bones in the body, so there is a lot of scientific and medical data that proves implants are safe. The material used to create the artificial tooth, or crown, is made from the same durable materials dentists have been using for years to repair damaged teeth. The reality is, dental implants are the safest and best option for replacing missing teeth.

## 5 Taking care of implants is difficult and time consuming.

TRUE

FALSE

Implants look, feel, and function like natural teeth, and you care for them in the same way by brushing, flossing, rinsing, and getting regular dental checkups. That's it! If you commit to good daily hygiene, your implants will last up to twenty years or longer, much longer than dentures or bridges that only last five to 10 years at the most. Once implants are in place, simply take care of them the way you would natural teeth. Dental implants are designed to give you decades of trouble free service, improved oral health, and of course, a great smile.