

## Dr. Uwe Esdar

BMed.Sci, BChD(Hons)(Pretoria); PDD(Stellenbosch); PDR(UWC)  
Vertrauenszahnarzt des Deutschen Konsulats

Rose Avenue Dental Studio  
16 Rose Avenue, Tokai 7945  
Tel +27 21 712 1231  
Fax 086 519 1450  
Email dresdar@telkomsa.net  
Emergency +27 72 782 5728

Milner House Dental Studio  
1 Milner Road, Tamboerskloof, Cape Town 8001  
Tel +27 21 424 1992  
Fax 086 626 9802  
Email uweesdar@telkomsa.net  
www.capedentist.co.za



### IMPLANTS:

The dental implant is made of titanium and is cylinder shaped with thread and a rough surface and does in a way resemble a tooth root. It is placed into the jaw bone to replace a missing tooth root. The implant can support restorations that resemble a tooth or a group of teeth; e.g. a crown, a bridge or dentures.

Once the implant is placed into the jaw bone; a process of bone fusing with the implant surface starts. This is called osseointegration. This can take up to 4 months. Once the implant has integrated, a long lasting restoration can be connected to the implant.

Like all dental restorative work, implants are not there for ever, but are long lasting and the patient has the responsibility to maintain their health, comfort, function and esthetics to a great degree. Two diseases that affect implants are:

1. peri implant mucositis
2. peri implantitis.

Implants are very much at risk in smokers. Other risks are:

1. poor oral hygiene
2. a history of gingivitis and periodontal disease
3. teeth clenching and grinding habit.

The longevity of implants and your teeth is greatly enhanced:

1. If you do not smoke.
2. If you have a scale and polish every 6 months to treat gingivitis. In most people it takes less than 6 months for hardened plaque to develop in hard to brush areas and under the gum margins that causes gingivitis.
3. If you have periodontal disease and see the hygienist every 3 months for ongoing treatment. Periodontal disease is chronic and requires life long treatment.
4. If you are a tooth clencher/grinder and wear your occlusal night guard during sleep.
5. If you have an annual examination of the teeth and whole mouth with the dentist. Just seeing the hygienist and relying on her diagnostic skills is not good enough and not advisable.
6. If you have good oral hygiene habits.