

**Everything You Need to
Know about**

DENTAL IMPLANTS



AV Dental Associates

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DENTAL IMPLANT CHECKLIST

A smiling woman with dark hair tied back, wearing a white lab coat, is the central focus of the image. She is looking towards the camera with a warm, friendly expression. In the background, a blurred dental office setting is visible, showing another person in a white coat working at a computer monitor.

FOREWORD

Choosing to undergo a dental procedure is a big decision. It requires research, in-person meetings with dentists, referrals, and plenty of word-of-mouth.

And no dental procedure requires more of this groundwork than Dental Implants.

That's why I set out to write this simple, step-by-step guide to help patients make that decision.

I'm Dr. Arash Vahid, D.D.S., owner and founder of AV Dental Associates, a group of dental practices located in northeastern New Jersey. In my many years of practice, I've seen what works, and what doesn't.

I wrote this book to set down, in layman's terms, a straightforward guide that dispels misperceptions, and gives patients the knowledge and information they need to take that next step... to a perfect smile.

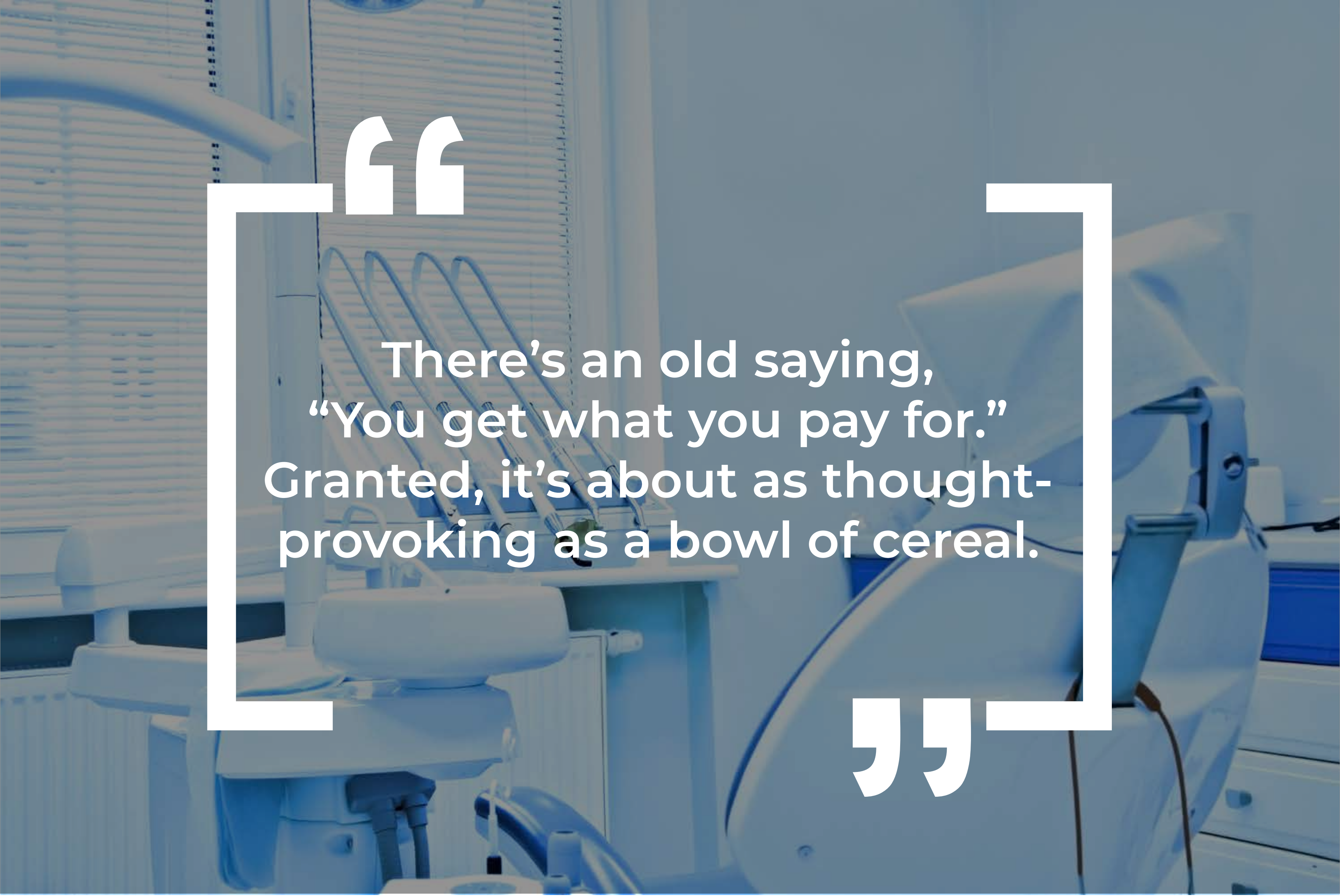
-Dr. Arash Vahid, D.D.S.

CHAPTER ONE

CLINICAL EXCELLENCE

and Why it Matters





“There’s an old saying,
“You get what you pay for.”
Granted, it’s about as thought-
provoking as a bowl of cereal.”

CHAPTER 1

Clinical Excellence, and Why it Matters

There’s an old saying, “You get what you pay for.” Granted, it’s about as thought-provoking as a bowl of cereal.

But it’s an old saying for a reason...

Because it’s true.

And nowhere is it truer than when considering a dental procedure.

Just like anything in life, dentistry exists on a spectrum. There are good dentists, so-so dentists, and dentists who probably should consider hanging up their dental drill.

The one thing that separates the good from the not-so-good is “clinical excellence.”



What is clinical excellence?

It's a dedication to doing things right. To staying up-to-date. To providing the best possible patient care available.

It's a commitment to learning. To using state-of-the-art technology. To fostering an environment where everyone in the practice, from the founder to the front office receptionist, feels a part of the greater whole.

It's a welcoming spirit that makes patients feel right at home.

When I started out my career, my goal was simple. To practice dentistry at the best of my ability. That bedrock objective led me to work long hours, find others who shared my goals, and build a practice, bit by bit, that put the needs of patients first.

Apparently, people noticed.

And it's all thanks to clinical excellence. Because people only come back if they're satisfied.

So back to my original notion of the importance of clinical excellence when considering a dental procedure.

In this case, a Dental Implant.

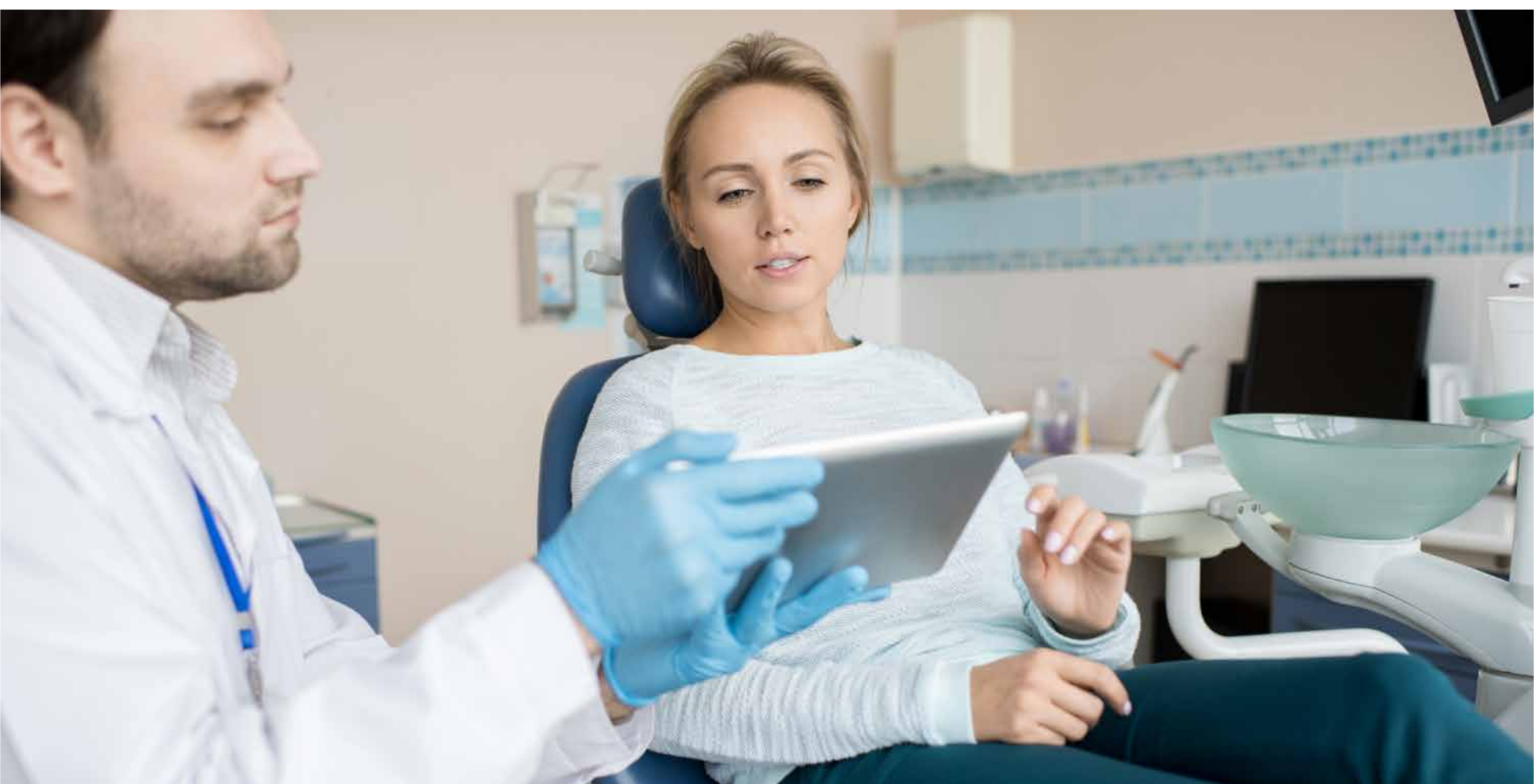
A Dental Implant requires technical skill, experience, and teamwork, which can all be boiled down to clinical excellence.

But how do you know if your dentist has it?

The only way to know is with knowledge of the procedure itself.

Hence, the reason I wrote this book.

In my view, an informed patient is the best patient.



CHAPTER TWO

A WHOLE NEW WORLD



CHAPTER 2

A Whole New World

What is a smile?

Is it a window into a person's frame of mind? An indication of pleasure? Happiness? Goodwill towards others?

I believe it's all of the above. And more.

A smile is a powerful thing. Something that can change your life. Open doors. Create opportunities.

Which is why it's important to take care of your smile, and make sure it's as healthy as it can be.

And that's what the Dental Implant procedure is all about. Turning a problem smile... into a winning smile.

So what does a winning smile get you?

Improved Health

It's no secret that dental health is tied to overall health. Just ask anyone with a toothache. Whether it's tooth decay, tooth loss, or gum disease, a problem with your smile can lead to larger health issues, like heart disease, cancer, and diabetes.



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That's why it's important to take care of your teeth and gums, so your smile stays healthy. And a Dental Implant can be a major step to that end.

Improved Self Confidence

Remember the day your braces came off? When you looked in the mirror and saw not just yourself, but an improved self?

Remember that sense of confidence? How you felt as though you could take on the world?

That's what a healthy smile brings you. The confidence to be yourself. To be social. To be vibrant and alive.

And of course, to be attractive to others, as a healthy love life is another important component of overall health.

Ability to Chew with Confidence

Eating is one of the great pleasures in life. But if you're compromised by missing or damaged teeth, or ill-fitting dentures, then eating can become a problem. Because if you can't bite into a succulent ear of corn, or chew a delicious rib eye steak, or eat out in public for fear of denture slippage, then you're missing out on one of the greatest joys of life.



A dental implant procedure will restore the confidence you used to have in chewing. And that can make all the difference.

Look and Feel Younger

A vibrant smile is good for your health, your love life, and your ability to enjoy eating.

But it's also good for your soul.

A beautiful, shining smile makes you look younger, and feel better about yourself.

And when you look good, and feel good, your brain sends out endorphins, which actually make you feel younger.

Who doesn't want to feel younger?



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SEVEN REASONS TO SMILE

We've talked about some of the benefits of a healthy smile. But there are real, scientific benefits to the actual act of smiling.

Seven, in fact.

- 1. Smiling releases endorphins, which make you feel better.**
- 2. Smiling brings down blood pressure.**
- 3. Smiling releases stress.**
- 4. Smiling strengthens your immune system.**
- 5. Smiling makes you more attractive.**
- 6. Smiling dulls pain and speeds relief.**
- 7. Smiling makes you live longer.**

A healthy smile affects you inside and out, from better health to better appearance. It improves your outlook on life, and your image of yourself.

It can literally change your life.

And a key component of a healthy smile is a Dental Implant.

CHAPTER THREE

A HIDDEN TOLL



CHAPTER 3

A Hidden Toll

We've talked a lot about the benefits of a healthy smile.

But what about the opposite?

What is the toll that an unhealthy smile takes?

Your Social Self

When you suffer from tooth decay, tooth loss, or other dental problems, one of the first things that happens is you lose self confidence. Knowing your smile is a problem keeps you from smiling. Keeps you from accepting social engagements. Keeps you from being photographed.

Missing out on fun gatherings! Staying home instead of going out! Avoiding the group photo! All because your smile has a problem — a problem that's so easily fixed!

The Foods You Love

Another detrimental effect of dental problems is food avoidance. If something is difficult to chew, or bite into, or causes pain, then that food will be avoided.

Which pretty much rules out all solid foods.

Imagine being unable to eat the cuisine you love, like a delicious steak, or a salad with nuts and crunchy carrots. Imagine only being able to eat soft, mushy, easy-to-chew things like bananas, pudding, and smoothies. Sounds horrible, right?



All because you didn't want to take the easy step to fix the problem.

Your Very Health

But it's more than just self-esteem and eating what you want. Dental problems can lead to serious health issues.

Take tooth loss for example. If you have a tooth missing from your smile, it's not only unsightly — it's dangerous. A lost tooth can lead to bone degeneration in the jaw. It can lead to infection. It can affect your diet, which can lead to nutritional disorders.

Unaware of the Toll

For many people, these detrimental effects of dental problems slip right on by — unnoticed, and unaddressed. For some, it's a problem they've gotten used to, and don't even notice any longer. For others, it's not yet reached the point of annoyance. For still others, it's something they're aware of, but choose to ignore out of denial.

No matter where they are on the dental issue spectrum, the toll is nonetheless the same. A restricted life, with their very health hanging in the balance.

Fortunately, it doesn't have to be that way.

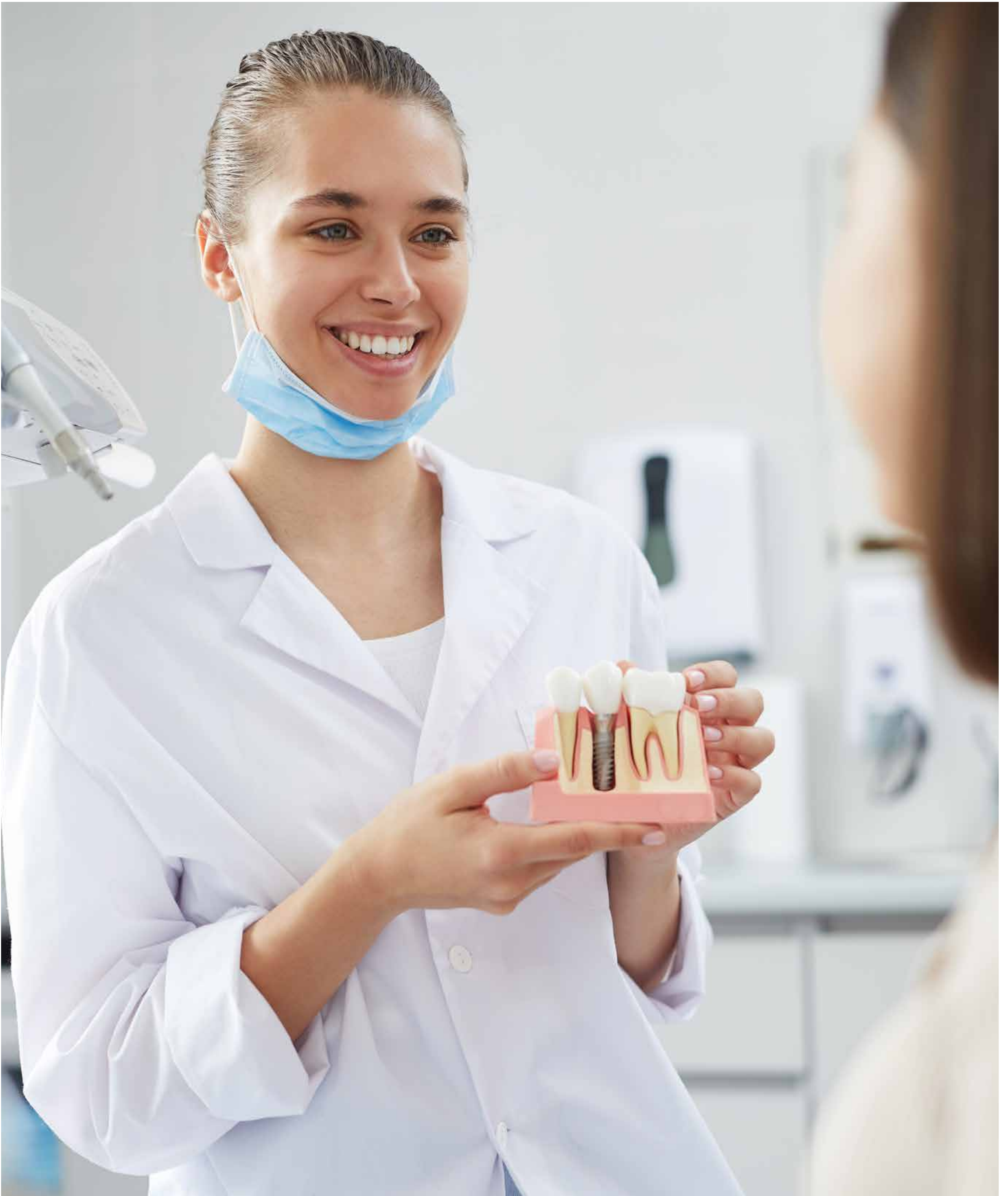
Fortunately, there's the Dental Implant.



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CHAPTER FOUR

WHAT IS A DENTAL IMPLANT?



CHAPTER 4

WHAT IS A DENTAL IMPLANT?

If you're suffering from missing teeth, or if you wear dentures, a Dental Implant is more than a procedure.

It's a godsend.

Why?

Because it's a simple procedure that alleviates so many problems.

So what exactly is this miracle procedure?

In simple terms, a Dental Implant is a permanent anchor, usually made of titanium, that fuses with the jawbone to provide a stable base for long-term tooth replacement.

Think of it as the root of the tooth.



A crown, customized to match your other teeth, is then placed on top of the implant, fixing it permanently in place.



The implant actually becomes a part of the jaw, a process called osseointegration. The bone of the jaw grows around the implant and locks it permanently in place.



This means your new tooth doesn't move or slip around while you eat or talk.

There are many different types of implants, which we'll discuss in the next chapter. But for now, we'll focus on the conventional single tooth Dental Implant procedure.



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The Dental Implant Process

1. CONSULTATION

The first step is the initial consultation. You'll meet with a prosthodontist who will determine whether or not you're a good candidate for the procedure.

2. EXAMINATION

Next, your dentist will conduct a comprehensive examination, including x-rays of your jaw, and impressions of your gums and teeth to create 3-D models. In some cases, CT scans of the mouth are also taken so that your dentist can determine the condition of the jawbone, and if sufficient bone exists for a successful outcome.

3. INCISION

A small incision is made (painlessly) in the gum to create a tooth socket, where the implant post will be placed.

4. DRILLING AND INSERTION

Your dentist then drills (again, painlessly) directly into the jawbone, creating the hole for the post. Next, the post is screwed into place in the hole.

5. CROWN PLACEMENT

Finally, the ceramic crown is positioned into place, and adhered to the post, ensuring a tight fit and permanent placement — one that will last a lifetime.

Importance of a Trained Specialist

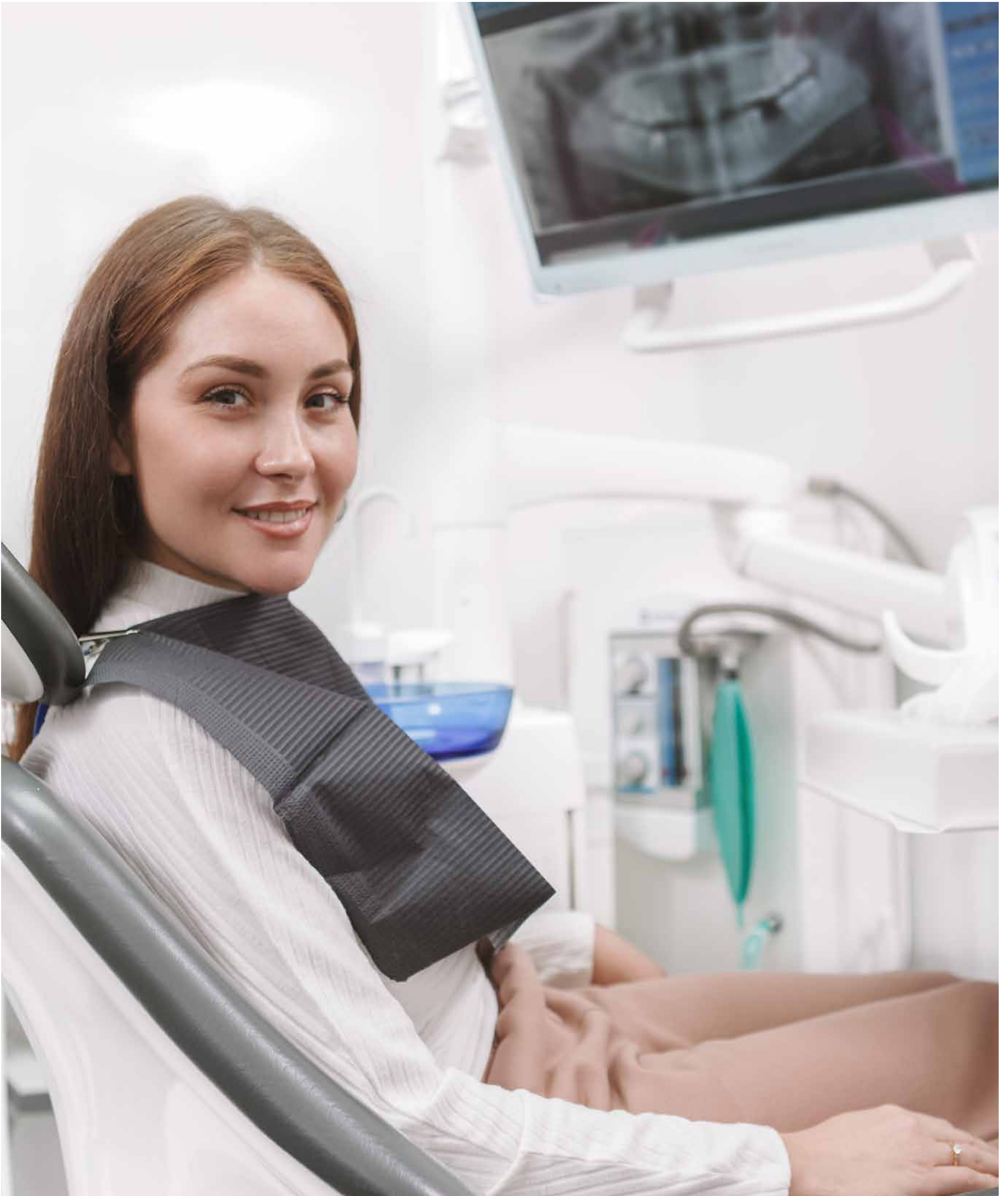
As I mentioned in the opening chapter, it's important to seek out a dental practice that adheres to clinical excellence. And that's especially important when considering a Dental Implant procedure.

As a specialist in Dental Implants, with dozens of successful procedures under my belt, I can assure you the process is safe, painless, and life-changing.

Seeing these results is one of the profound joys of being a dentist.

CHAPTER FIVE

TYPES OF DENTAL IMPLANTS



CHAPTER 5

Types of Dental Implants

We've already discussed the single tooth Dental Implant.

In this chapter, we'll take a look at other procedures that involve Dental Implants.

All-On-Four Dental Implants

All-on-Four Dental Implants are similar to the single tooth implant, in that titanium posts are inserted into the jawbone. The difference, however, is that instead of a single crown attached to a single post, All-on-Fours consist of four posts, with a single denture prosthesis attached to the posts that replaces an entire upper or lower set of teeth.



All-on-Fours are more permanent than conventional dentures, look more real, and act just like your own real teeth.

They provide a seamless, natural look across your entire mouth.

Benefits of All-on-Four Implants

One of the best things about All-on-Four Implants is that you can create a brand new smile with only one surgery.

If you have lost an entire set of upper or lower teeth, it's the easiest and most cost-effective way to regain a beautiful smile.

All-on-Fours are permanently implanted into your jawbone, so your teeth won't move about your mouth. You can chew, speak, and sing with confidence — just as if you had your own original teeth.

Another benefit is that typically, All-on-Fours don't require bone grafts. Because the four posts act like the four legs of a table, they each support the others when the prosthetic is laid on top. Hence, less need for deep embedment of individual posts.

Finally, cleaning your All-on-Fours is a snap. Because they look and act like your real teeth, that's exactly how you clean them! Brush and floss every day, and make sure you visit your dentist for regular cleanings.

How Long Do All-on-Fours Last?

All-on-Fours are not temporary. They're designed to be a permanent solution. With proper care, they can last upwards of thirty years.

Recovery Time for the All-on-Four Procedure

Because All-on-Four implants fuse to your jawbone more readily than typical Dental Implants, recovery time is faster. A typical time frame for single-tooth implants can range from three to eight months. All-on-Fours can be considerably less.



Full-Arch Dental Implants

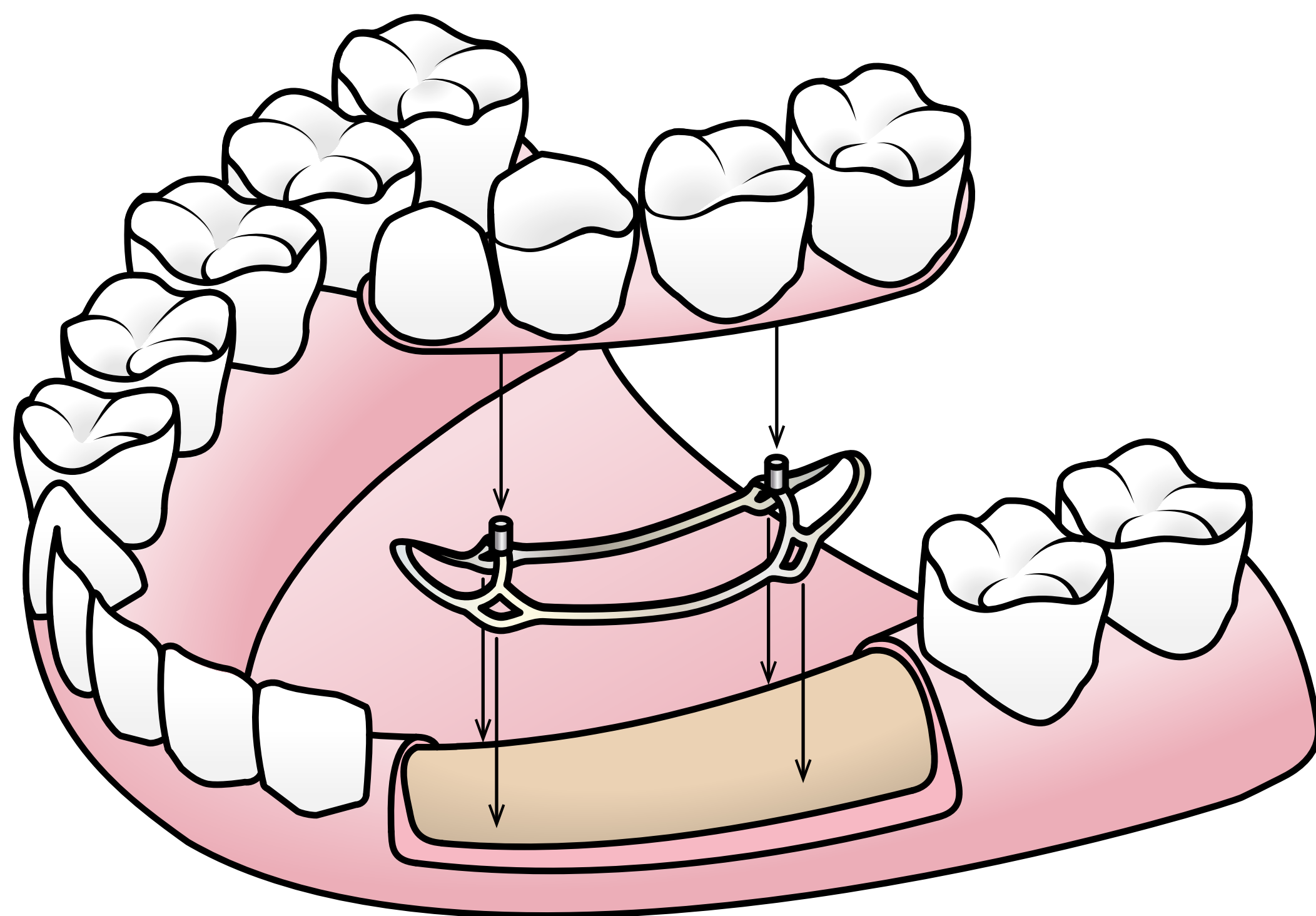
Full-arch implants differ from All-on-Fours in that they require more posts to secure the prosthetic denture — typically a series of 4-6 dental implants to replace an entire arch of missing teeth.



The procedure for Full Arch implants is the same as regular single-tooth implants and All-on-Four implants. Except for one exception. Because a Full Arch implant covers the entire upper or lower portion of the mouth, all remaining natural teeth must first be removed.

Subperiosteal Dental Implant

If you've suffered extensive bone loss, and a typical implant or All-on-Four procedure isn't feasible, there's still another implant that could work for you. It's called a subperiosteal implant. Rather than drilling into the jawbone, the subperiosteal implant—in essence a metal frame made of titanium—is placed under the gums and onto the bone, like a saddle on a horse. The posts (which secure the prosthesis) extend through the gums. Once the subperiosteal implant is secure, your dentist attaches the prosthesis to these posts.

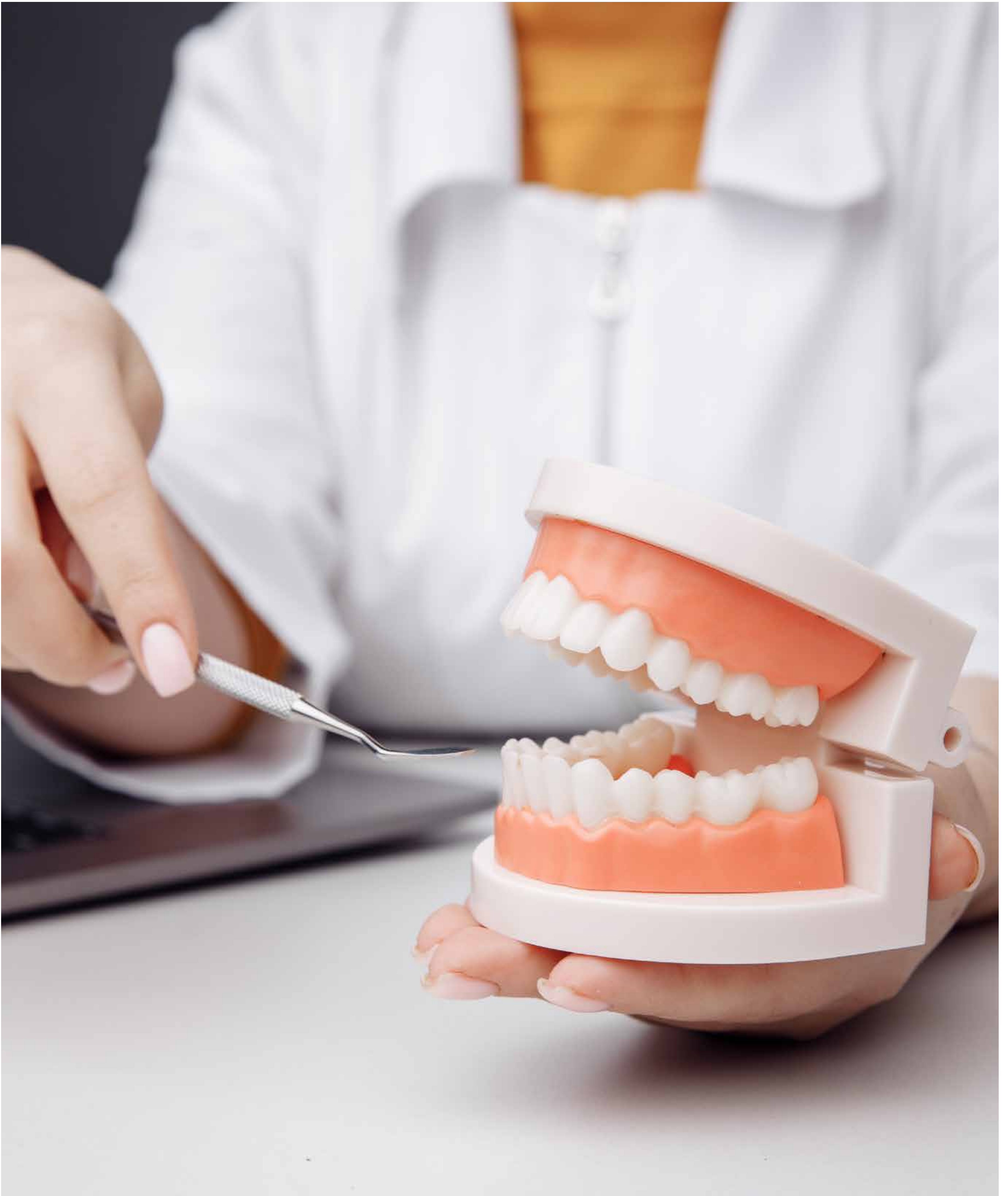


Cosmetic Single Front Tooth Implant

Replacing a front tooth is tricky. Not because it's a radically different procedure than a single tooth Dental Implant. It's because matching a front tooth is hard to do. The front teeth, or incisors and eye teeth, are the focal point of your smile. So your dentist has to get it right. That means, in addition to the normal dental implant procedure of securing posts into the jaw, a single front tooth implant requires computerized simulations that study gum, bone and teeth, 3-D analysis, and one or more grafts to contour the gum and bone to produce a smile that is perfectly natural and undetectable by anyone other than your dentist.



BENEFITS OF DENTAL IMPLANTS



CHAPTER 6

Benefits of Dental Implants

In the previous chapter, we discussed the various types of Dental Implants, and the many reasons they make sense.

So now, let's explore the benefits of Dental Implants as they relate to dentures and fixed bridges.

Benefits Over Dentures

Stability. The biggest reason Dental Implants are superior to dentures is stability.

Traditional dentures consist of a plastic base adhered to the gum by dental adhesive. This flimsy approach allows for slippage and, at times, the dentures falling completely out of the mouth.

In contrast, Dental Implants are a permanent, stable solution. They provide a solid foundation for your natural-looking replacement teeth. No slippage. No embarrassment.



Bone Loss

Dental Implants not only provide a solid footing, they also prevent bone loss. That's because the posts set into the jawbone deter bone deterioration, which occurs over time when there are no root structures to support it. (Like your muscles, bones atrophy without use.) With no support structure in the jaw, dentures obviously can't address bone loss.

Greater Comfort

As discussed, Dental Implants provide a permanent fit. But it's also a more snug, comfortable fit. Thanks to CT scans and bone modeling during the preparation process, Dental Implants provide an exceptional fit to your gums. And because they're locked in place — with no movement or slippage — there's much less likelihood of mouth irritation.

More Natural Appearance

Unlike dentures, Dental Implant crowns are made from high-quality, high-strength ceramic composite material that's made to match the color and shape of your existing teeth. Dentures simply aren't made that way, so they can't come close to matching your original smile.



Eat What You Like

Hard to chew foods are a problem for denture wearers. Not so with Dental Implants. Because your crowns are screw retained in the jawbone, you can eat a full range of foods — which helps with digestion and overall nutrition.

No Hassle with Adhesives

As noted, Dental Implants are a permanent fixture, so you never have to worry about the inconvenience and expense of messy denture adhesives. Plus, adhesives can interfere with your taste buds, altering the flavor of foods you love.

Benefits Over Dental Bridges

A dental bridge is a prosthetic consisting of two or more artificial teeth that attach to the two remaining healthy teeth on either side of the gap in the smile.



Because of the way it's attached, a bridge places strain on the surrounding teeth — especially the two teeth attached to the device. This strain causes the bridge to deteriorate over time.

It can also cause pain.

By their very design, dental bridges are far less stable than Dental Implants, relying on two teeth for stability, rather than posts that are fused into the jawbone.

And because a bridge has no root structure in the jawbone, it suffers the same bone loss issue as dentures. Though the cosmetic problem with the smile may have been addressed, bone loss nonetheless will continue.

Dental Implants, For So Many Reasons

Permanence. Dental Implants provide a permanent solution to tooth loss.

Stability. They don't slip. They don't fall out.

Eat What You Want. They give you the confidence to bite into and chew any and all types of foods.

Bone Loss. They provide a root structure that prevents deterioration of the bone.

Natural Appearance. They look just like your natural teeth.

Comfort. They feel just like your natural teeth, with no pain, irritation, or soreness.

Convenience. No messy adhesives. No removing. Easy maintenance — just brush and floss.



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CHAPTER SEVEN

CAN YOU HAVE A DENTAL IMPLANT?



CHAPTER 7

Can I Have a Dental Implant?

If your smile is compromised... if missing teeth have caused you pain, embarrassment, or discomfort... if a gap in your smile has put you in jeopardy of serious health issues, then you're a likely candidate for a Dental Implant procedure.

But are there other considerations as to who can have a Dental Implant, and who cannot?

Yes there are.

The ideal candidate for a Dental Implant is somebody who is in good general health — and more importantly, good oral health.



What does good oral health mean?

First and foremost is the condition of your jawbone.

Because the Dental Implant procedure involves drilling into the jawbone, there has to be enough healthy bone tissue to accommodate the posts.



The bone has to have sufficient density as well.

This can be determined by X-rays and CT-scans during the preliminary screening process.

Likewise, the gums and surrounding teeth have to be healthy. Gingivitis and periodontitis are just two gum diseases to watch out for.

Your remaining teeth have to be healthy. No untreated tooth decay, or tooth issues involving chips, cracks, or lost fillings.

Any dental issues must be resolved prior to undergoing a Dental Implant procedure.

Smoking is a no-no. Though not an absolute disqualifier, smoking generally results in poor oral health — which renders a candidate unlikely for the reasons just discussed. It is highly recommended that a candidate quit smoking before considering Dental Implants.



Age is generally not a factor. So long as you are in good health, and are mobile (as you'll have to visit your dentist for several appointments) you're a good candidate to receive the life-changing benefits of Dental Implants. However, children under 18 are not eligible for treatment, as their jawbones are still growing.

Certain medical conditions might make you unsuitable for Dental Implants. These conditions include immune deficiency disorders, certain types of diabetes, cancer, and blood clotting disorders. Your dentist will be able to determine if any of these conditions apply to your suitability for Dental Implant treatment.

RISKS OF UNTREATED DENTAL PROBLEMS



CHAPTER 8

Risks of Untreated Dental Problems

We've touched on some of the problems associated with dental issues that are left untreated.

In this chapter, we're going to explore them in greater detail, as they go to the very heart of why you might want a Dental Implant.

And that's your health.

Sores, Inflammation, & Infection

When you leave a dead or dying tooth untreated, you certainly will experience pain. And no doubt you'll notice its unsightly appearance and smell as it discolors and rots.

But you'll also leave yourself vulnerable to the greatest danger of all...

Infection

A dental infection left untreated can lead to serious health issues. When an infection enters your bloodstream, the bacteria and associated toxins are carried throughout your body, leading to a life-threatening condition called septicemia. When septicemia occurs, immediate medical attention and hospitalization is required.



Other Risks

Septicemia is no doubt the most dangerous risk posed by untreated dental issues. But there are plenty of others that can plague you.

For instance, an ill-fitting denture can create painful sores and inflammation in the gums.

A dental bridge can put undue stress on the adjacent supporting teeth, leading to cracks in the enamel. Likewise, a bridge can cause unequal chewing pressure on surrounding teeth, leading to similar damage.

And poor oral hygiene in general can lead to gingivitis, or swelling of the gums. If gingivitis is left untreated, it can progress to periodontitis, a more serious condition that leads to tooth and bone loss.



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Taste Impairment

Loose-fitting dentures, missing teeth, poorly installed prosthetics — they can all lead to sores and infections.

But they can also lead to taste impairment.

A common symptom of gingivitis is the inability to taste food accurately.

Likewise, the adhesive that binds dentures to gums alters the flavor of foods.



Imagine, not being able to identify and enjoy the flavors that make eating so enjoyable. All because you chose not to address a dental problem.

A problem that could so easily be remedied by a Dental Implant procedure.

CHAPTER NINE

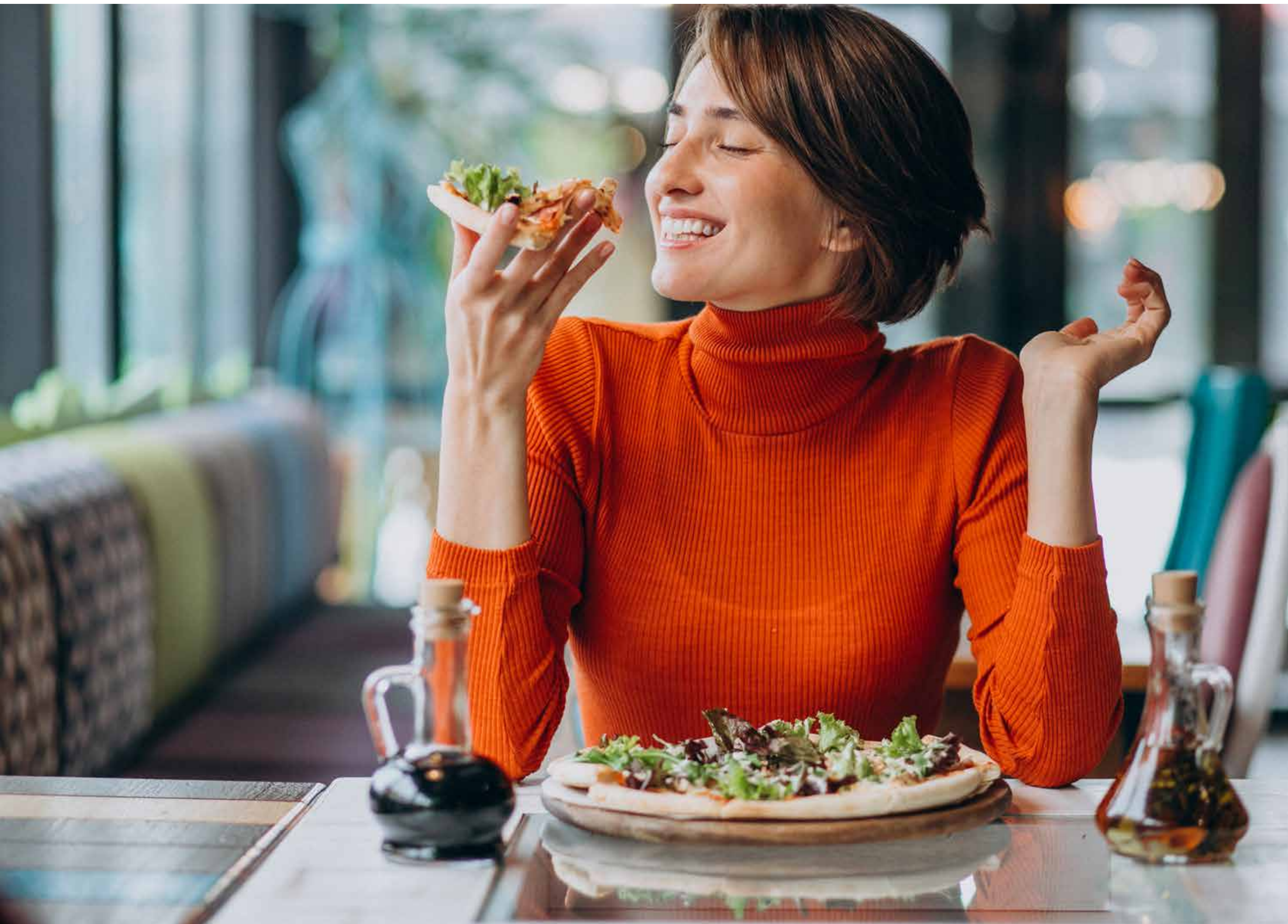
BRING BACK THE FOODS YOU LOVE



CHAPTER 9

Bring Back the Foods You Love

There's nothing like the aroma of a roast in the oven. Sitting down to a table with friends and family to enjoy a holiday meal. Or dining out at your favorite restaurant. Eating is one of the singular pleasures of life.



And it's only there for you when you know you can bite and chew with confidence.

That's the world that opens up when you choose to have a Dental Implant.

If you wear dentures, then you know how difficult it is to navigate through a meal. The constant worry that your teeth will slip as you chew on a juicy piece of steak. Dislodge when you bite a crispy carrot.

Or heaven forbid — fall out right into your soup!

Now imagine that same meal, with a Dental Implant that's locked into your jaw.

Your teeth aren't going anywhere!

You're able to chew that steak. Bite into that delicious carrot. And sip your soup with no worries of a sudden splashdown.

That's what a Dental Implant brings to your enjoyment of food. It literally brings back the foods you love!

It brings back the pleasures of dining with other people. Enjoying mealtimes with loved ones. Going out and eating in public!

And just as important to the enjoyment of dining, Dental Implants bring back the flavors of your favorite foods. No messy adhesives to get in the way of savory sauces. No gingivitis to obscure the taste of a delicate soufflé.

The flavors, the textures, the subtle aromatics. All of it brought back to your taste buds courtesy of Dental Implants.

CHAPTER TEN

THE BENEFITS OF LOOKING GOOD



CHAPTER 10

The Benefits of Looking Good

There are certain things about you that you can't control. Your parents, for instance. Your age. Your height.

But appearance is one thing you can control.

You can choose your clothing. Your hairstyle. Even your weight.

But there's one more aspect of your appearance under your control that's even more important.

And that's your smile.

It's the first thing people notice when they meet you.

Poets call the smile a "window into a person's soul." And for good reason. Its condition tells people many things about you. Your health. Your income. Your sense of self.



A healthy smile connotes confidence. Well-being. Success.

An unhealthy smile, in contrast, connotes lack of self-discipline. Unhealthiness. Disrepair.

That's why it's so important to take care of smile issues immediately. For health reasons, like infection and sepsis as discussed in the previous chapter.

But also for emotional reasons. Like peace of mind. And self confidence.

Your Smile Speaks Volumes

So much of a person's self-esteem is wrapped up in their smile. When you flash your "pearly whites," you're telling the world you feel good about yourself.

Imagine walking into a party with a front tooth missing. It would be difficult to open your mouth to say hello.

Now contrast that with a person with a beautiful, perfect smile. That person can't wait to meet and greet, their smile leading the way like a sunny beacon.

Social Self-Confidence

A healthy smile gives you "social self-confidence." That means the confidence to meet the world with a light heart and a firm handshake.



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TO TAKE ON ALL COMERS.

TO LIVE YOUR LIFE WITH GUSTO.

AND THE BEST PART IS, A HEALTHY SMILE IS SOMETHING YOU CAN CONTROL.

AND IT ALL STARTS WITH DENTAL IMPLANTS.

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Loving Your New Smile

A healthy smile is the central component of an attractive appearance. And an attractive appearance is the central component of social success.

Let's face it. Good-looking people enjoy social advantages.

They attract other attractive people. They get hired more readily than less attractive people. They make more money. They live longer.

Attracting a mate is at the top of most people's goals in life. After all, romance makes life worth living. So a healthy smile can lead to romantic success. In fact, it's the first chapter in the book of love. Without it, that book has an unhappy ending.



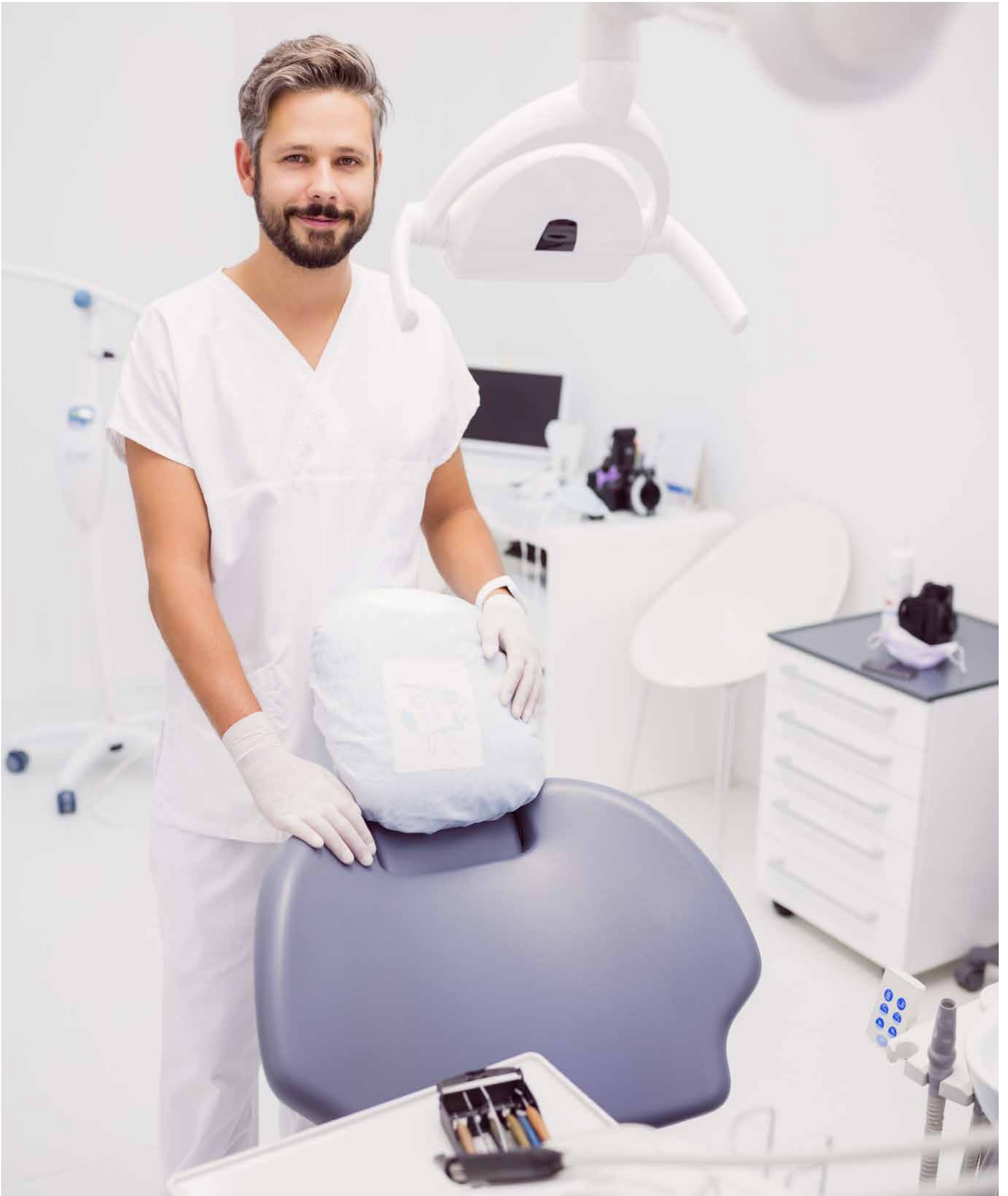
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So given how important a healthy smile is in life, why would anyone put off fixing a problem with their teeth, when doing so is well within their control?

Why indeed.

CONSIDERATIONS WHEN CHOOSING A DENTAL IMPLANT



CHAPTER 11

Considerations When Choosing a Dental Implant

So you've made the decision and determined that a Dental Implant is right for you.

You want to fix the gap in your smile.

You want to stave off bone loss.

You want to eat the foods you love.

And you want to enjoy the many social benefits of an attractive, healthy smile.

Great! So what's next?

Finding the right dental specialist for you.

In this chapter we'll discuss some of the considerations that will help guide you toward the perfect dentist for a Dental Implant procedure.



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Referrals

In real estate, the saying is “Location, location, location.”

In Dental Implants, it’s “Referrals, referrals, referrals.”

There’s no better guide than a referral from someone you trust.

It could be a referral from your current dentist. That’s generally the best source of information for a Dental Implant procedure, as who knows dentistry better than a dentist?

Another good source is a friend or relative who has received a Dental Implant. First-hand experience is always a valuable guide.



Friendly, Professional Setting

While you’re getting your referrals, ask what the setting of the practice is like. Or visit the practice in person to gauge for yourself.

What you should be looking for is a warm, welcoming waiting area that greets you with comfortable seating, current reading material, and a friendly receptionist.



Next, you should ask about the technology the practice uses, and whether it's the latest available. This may require doing a little research so you become familiar with the equipment used in Dental Implant surgery. However, it's also a good idea to gauge the level of the technology used by the practice in general, as that's a good indication of the practice's commitment to remaining up-to-date.

Qualified Specialist

As for the dentists themselves, you should find out who the Dental Implant specialist at the practice is, how many Dental Implant procedures they have conducted, and their success rate. Obviously, this information is the most critical in making your decision.

Flexible Hours

Because Dental Implant surgery requires multiple visits, it's important to find a practice that offers flexible hours and weekend appointments. People have busy schedules. The right dental office will acknowledge that.



Convenient Location

Likewise, the office must be located nearby so the visits aren't a hardship. You don't want distance to be an obstacle keeping you from your appointments.

Flexible Payment Plans

Finally, your search for the Dental Implant specialist best suited to you concludes with whether or not you can afford the procedure.

Typically, when you undergo a dental procedure, the practice will issue a bill requiring cash, check, or credit card for the amount in full.

This can be scary, to say the least.

So make sure the practice takes your insurance. In lieu of insurance, ask if the practice accepts flexible payment options, like in-house dental savings plans, Simple Pay (which allows for 0% financing and no credit checks) and lay-away plans.

Because your dental health is your top priority, you should make every effort to have the procedure. But by the same token, the procedure needs to be fairly priced, with reasonable payment options, so that your Dental Implant doesn't break the bank.



CHAPTER 12

Dental Implant Checklist

Here's a final checklist to see if Dental Implants are right for you. If you suffer from missing or failing teeth, and are experiencing any of the following symptoms, consider discussing a Dental Implant procedure with your dentist:

- Pain / difficulty chewing
- **Smile anxiety**
- Social anxiety
- **Nutritional disorders**
- Avoiding foods
- **Avoiding eating in public**
- Loss of bone structure in face
- **Difficulty swallowing**
- Difficulty sleeping
- **Loss of appetite**
- Altered taste of food
- **Bad breath**
- Depression
- **Ill-fitting dentures**
- Soreness of gums / mouth

A young man with short dark hair, wearing a black sweater over a white collared shirt and blue jeans, is sitting in a blue dental chair. He is smiling broadly and looking towards the right. A hand from an older man, presumably a dentist, is shaking his hand. The background shows a dental office with white cabinets, a sink, and framed certificates on the wall.

ARTERWORD

Thank you for taking this journey with me on the many facets of Dental Implants.

I hope the material in this book has been helpful, and will aid in your decision to take the next step in bringing back your perfect smile.

I speak on behalf of all my colleagues at AV Dental Associates when I say we value the importance of your smile, and have dedicated our careers to making it as healthy as it can be.

Whether your smile was affected by an accident, by disease, or by age, we can bring it back to its original beauty.

As noted throughout the book, so much of your health is rooted in your teeth. Not just your physical health, but your emotional health as well.

Which is why it's so important to make sure their care and treatment is handled by expert professionals.

Your smile is the window to your soul. Here's to keeping it healthy, happy, and carefree.

-Dr. Arash Vahid, D.D.S.