



YOUR COMPREHENSIVE GUIDE TO

**GETTING THE SMILE
YOU'VE ALWAYS
DREAMED OF**

SAME DAY TEETH 

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SAME DAY TEETH

Welcome to our guide to Same Day Teeth from the award-winning team at The Dental Suite.

We work to create the best possible smiles for patients suffering from discomfort and embarrassment because of missing or failing teeth.

So if you have any of the following issues, we can help – thanks to our extensive experience with Same Day Teeth.



Loose dentures that affect your quality of life



Severe periodontal gum disease and tooth loss



Loss of jawbone due to missing teeth



Failing crowns and bridges along with loose teeth that need extracting

Our team has extensive experience with Same Day Teeth, which can give you your smile back in a single day.

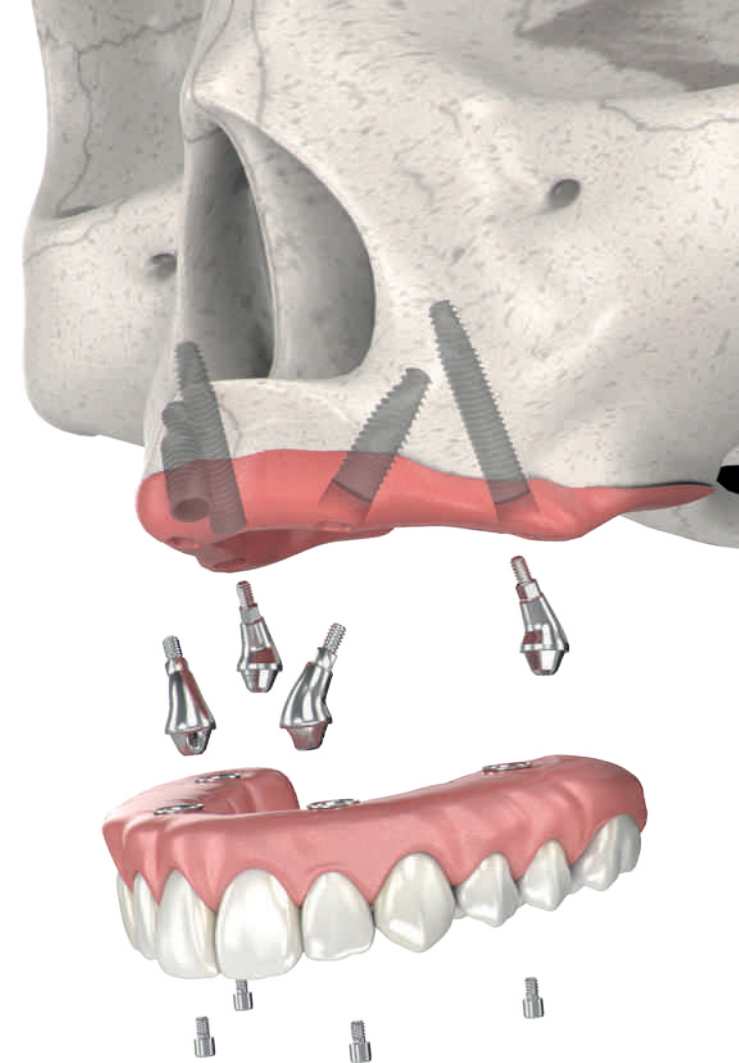
We are proud to provide Same Day Teeth services from modern surgical facilities featuring state-of-the-art dental technology and impeccable hygiene.

Maybe you haven't seen a dentist in many years and feel your teeth can't be saved. Perhaps you've been told you don't have enough bone for implants, or have been putting off treatment because of dental phobia. Whatever the reason you've waited until this moment, we want you to know it is never too late to see us.



Dr Kalpesh Bohara

BDS (Dund) MFDS RCS (Edin) - GDC No: 78104
Clinical Director



RESTORING YOUR QUALITY OF LIFE

Attractive, natural looking teeth help us look and feel our best. They let us enjoy the foods we love. They allow us to be naturally confident at home, at work, and at play. That's why the loss of teeth has a considerable impact on everyday life and self-esteem.

If you have suffered with gum disease, bone loss and unstable teeth, and you are permanently self-conscious about your smile, then we can offer you a life-changing solution.

YOUR CONFIDENCE AND HEALTH CAN SUFFER BECAUSE...



You have failing dentistry, including fillings, crowns and bridges, and loose teeth which need extracting



You wear old partial dentures retained by decayed teeth, or you have gum disease and fear the worst



You've had your remaining teeth removed and cannot tolerate your dentures



You've lost support for your cheeks and lips after your tooth loss, and it's aged your appearance



GRAHAM

— Same Day Teeth patient



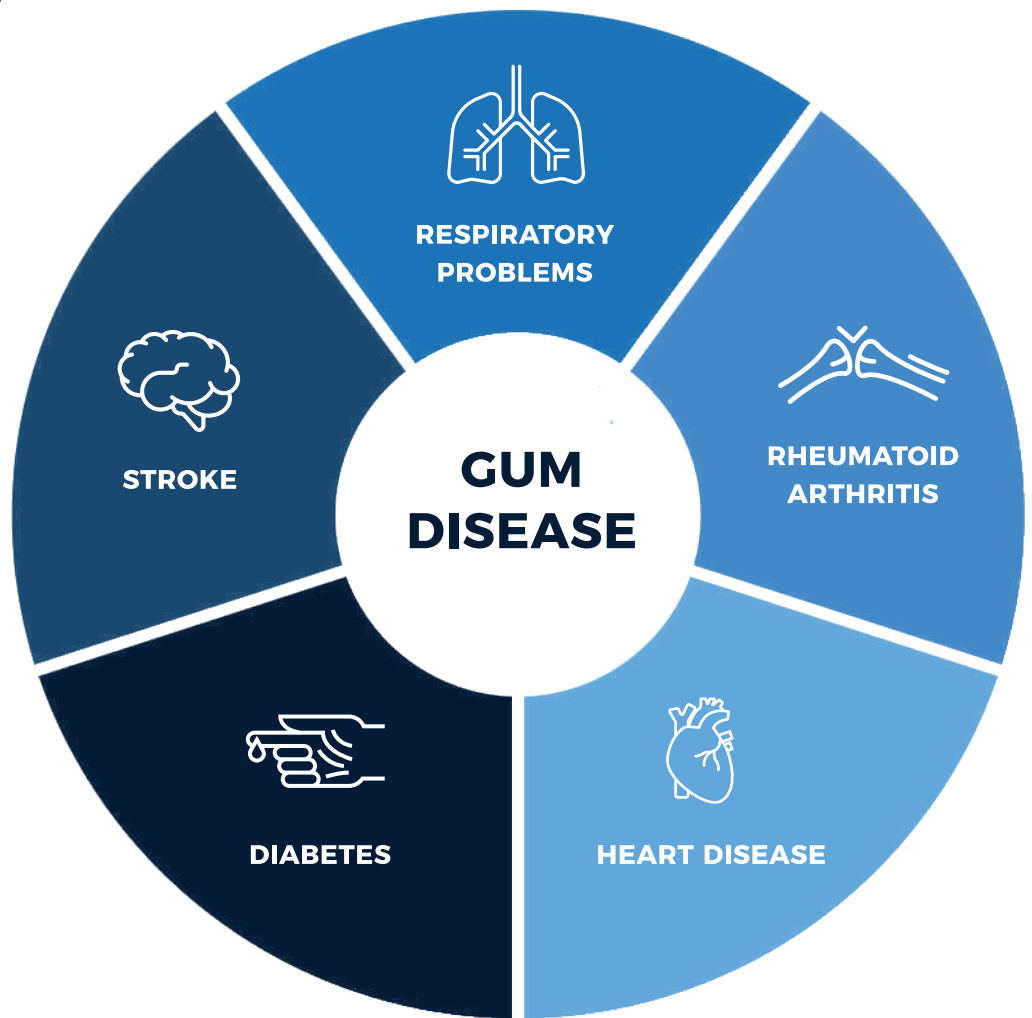
Hover your mobile phone camera
over the QR code to scan it and
watch Graham's story

GUM DISEASE ISN'T JUST BAD NEWS FOR YOUR TEETH

There is growing evidence to show that bacteria from diseased pockets under the gums can enter the bloodstream and trigger low levels of inflammation in both the blood and body. This process increases the risk of developing general health issues.

For years, removable dentures have been the replacement of choice for missing or failing teeth. But the process is time consuming and takes months of adjustments and many patients quickly give up using dentures due to discomfort and poor stability.

But the Same Day Teeth system is different.



TOP FIVE REASONS WHY PATIENTS CHOOSE SAME DAY TEETH

From The Dental Suite

1



FAST PROCEDURE

Get a full arch of natural-looking teeth plus dental implants fitted in just one day.

2



COMFORTABLE

Because Same Day Teeth are fixed in place, they don't shift about while you're eating or talking.

3



NATURAL LOOKING

Your new teeth will look very lifelike, and support your lips and cheeks to help your face look more youthful.

4



EAT WITH CONFIDENCE

Same Day Teeth put the foods you may have avoided in the past, back on the menu. Even steak!

5



TRUST THE EXPERTS

Our team is highly experienced in all Same Day Teeth techniques. Let us design a treatment plan that's tailored to your needs, including sedation dentistry for nervous patients.



JACKIE

— Same Day Teeth patient

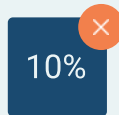



CONVENTIONAL DENTURES ARE NOT THE ANSWER

WHY DO DENTURES FAIL?

A limited alternative:

Lose more than your confidence:

-  Severe jaw bone resorption occurs over time without implant treatment
-  Conventional dentures can fall out at any time
-  Avoiding food can lead to nutritional deficiencies
-  Dentures can fundamentally affect your confidence and self-image
-  Denture wearers often avoid social situations and see less of friends and family

-  Restores only 10% of the chewing function
-  Poorly-fitting dentures may lead to sore spots or painful blisters
-  Dentures may need occasional relining
-  Adhesives must often be added for comfort
-  Can limit lip and cheek support



PAULINE

— Same Day Teeth patient



Hover your mobile phone camera
over the QR code to scan it and
watch Pauline's story

A NEW FIXED ARCH OF TEETH WHAT IS 'THE THIRD DENTITION'?

The word 'dentition' refers to the development of teeth and their arrangement inside the mouth. It relates to the characteristic arrangement, type, and numbers of teeth humans have.

Apart from in very rare cases, we all have two successions of teeth, or dentitions - deciduous or 'milk' teeth, and permanent teeth. Once you lose your permanent teeth, they are gone forever.

Same Day Teeth are a functional and aesthetic replacement for adult teeth. That's why we sometimes refer to them as 'the third dentition'.

Same Day Teeth is a full arch of replacement teeth supported by four to six implants placed in either jaw. You can choose from a broad range of materials - like Titanium or high-performance frameworks with an acrylic gum veneer - along with true-to-life composite teeth or porcelain crowns.

DENTAL IMPLANTS - GREAT NEWS FOR DENTURE WEARERS

WHAT ARE DENTAL IMPLANTS?

Dental implants are small artificial roots that aid in the replacement for missing teeth. The surface of the implant is biocompatible and fuses with the jawbone. By eliminating many of the problems associated with dentures, implants can significantly improve the lives of wearers or those facing the loss of their teeth.

Each year, millions of implants are placed throughout the world with an incredibly high success rate. With dental implants, function can be restored, aesthetics enhanced, and a worry-free life can be a reality again.

First conceived in 1965 by Per-Ingvar Brånemark, a Swedish orthopaedic surgeon, dental implants have since developed into a safe, structured and predictable science.

OUR SAME DAY TEETH TEAMS USE DENTAL IMPLANTS TO ANCHOR NEW ARCHES OF TEETH IN PLACE FOR TWO TYPES OF PATIENT:

1

People who have been living with badly fitting, uncomfortable and impractical complete dentures for too long

2

People who have been suffering from loose teeth, gum disease and chronic infections and now sadly face the loss of all of their teeth



HELAYNE

— Same Day Teeth patient



Hover your mobile phone camera over the QR code to scan it and watch Helayne's story

Dental implant solutions clearly confirm
a high success rate of over

95%



WHAT ARE THE RISKS?

Patients who have medical or other conditions that may interfere with the healing process of either their bones or soft tissues (e.g. connective tissue disorders, steroid therapy, bone infections, cigarette smoking) must carefully evaluate, with the implant dentist, the potential risks and benefits of treatment.

IS MY AGE A PROBLEM?

Occasionally, older patients express concern that their age may prevent them from enjoying the benefits of dental implants. However, health is more of a determining factor than age. Certain diseases and health issues may mean dental implant treatment isn't advisable. We can suggest alternative treatments if that's the case.

ARE THEY SUCCESSFUL?

The use of dental implants has been investigated in thousands of scientific studies. With more than four decades of clinical experience, and millions of patients treated worldwide, the long-term studies observing dental implant solutions clearly confirm a high success rate of over 95%.

But just like natural teeth, dental implants also require regular check-ups and conscientious oral hygiene. Appropriate care, together with good treatment planning and correct insertion of the dental implant, is one of the most important requirements for long-term success.



PEI

— Same Day Teeth patient

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SAME DAY TEETH

THE CONCEPT

With the Same Day Teeth concept, it is possible to achieve a new smile and a bite comparable to natural teeth in just one day.

The technique was developed for patients who had experienced total tooth loss. For the first time ever, it offered treatment using just four implants with just one day of recovery time.

In the past, traditional full arch dental implants techniques required 6-10 implants, with a long period of healing before the bridge could be attached. Extensive bone grafting was often also needed.

Many of today's fixed teeth systems have their origins in the All-on-4™ technique pioneered by Portuguese dentist, Dr Paulo Malo. This enabled patients to have a fixed bridge placed quickly, using the minimum amount of dental implants and avoiding the need for extensive bone grafts.

The protocol has become a popular procedure worldwide and has influenced the development of many other systems, including:

✓ **SAME DAY TEETH**

✓ **SAME DAY SMILE**

✓ **FAST & FIXED**

✓ **PRO ARCH**

✓ **NEO ARCH**

MICHELLE

— Same Day Teeth patient



Hover your mobile phone camera over the QR code to scan it and watch Michelle's story



BIOENGINEERING

Dental Implants Can Restore
Your Quality of Life

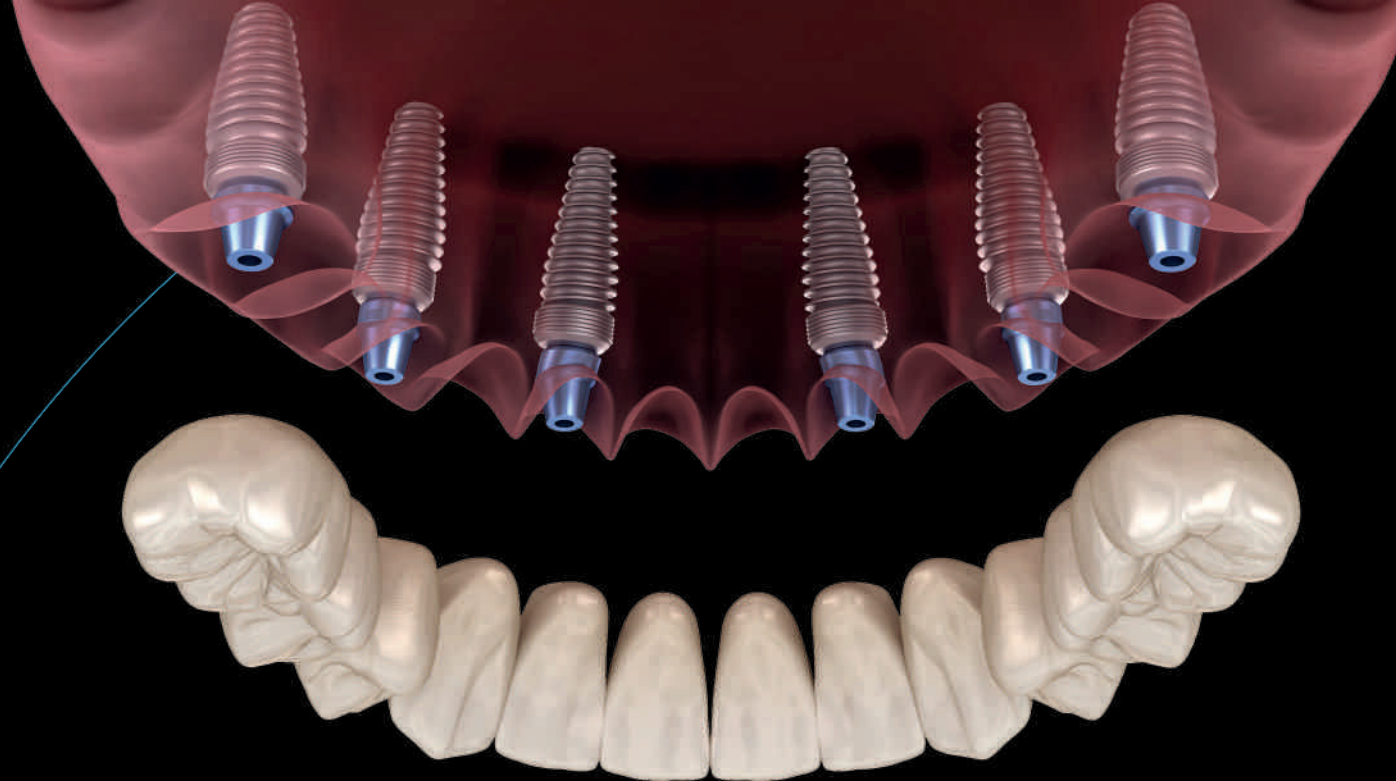
The method used to reduce the number of implants required and cut down on healing time is deceptively simple.

The front implants are placed vertically in the jawbone, while the rear ones are placed at a 45-degree angle, which means that less jawbone is needed.

This precise positioning helps distribute the chewing forces transmitted from the arches of teeth to the jawbone.

PATIENTS REPORT A HOST OF ADVANTAGES:

- ✓ Food tastes better, as the implants leave the roof of the mouth exposed
- ✓ You can eat foods you previously had to avoid, experiencing a more varied diet for healthier living. You'll also be able to chew food properly
- ✓ It is a long term solution that will provide many years of functionality, if looked after correctly
- ✓ The full arch of teeth can be cared for and cleaned just like natural teeth
- ✓ The arch of teeth cannot be removed so there is no need to remove a denture after meals
- ✓ The full arch of permanent teeth looks and feels as close as possible to your natural teeth



IMMEDIATE LOADING

'Loading' means the attachment of the bridge of teeth to the dental implants. For many people, it is entirely possible to attach a provisional non-removable acrylic bridge on the same day as implant placement. This is especially important for those patients facing the imminent loss of their remaining teeth. The procedure requires extensive planning, more surgery time and close collaboration by the Same Day Teeth team.



DELAYED LOADING

Although many of our patients have suffered both the emotional and functional issues of total tooth loss for many years, they may not expect or require the teeth to be attached to the implants immediately. Instead, they wear their complete dentures as normal during a 90-day healing and integration phase for their implants. After this, treatment continues and we create an arch of permanent replacement fixed teeth later on.

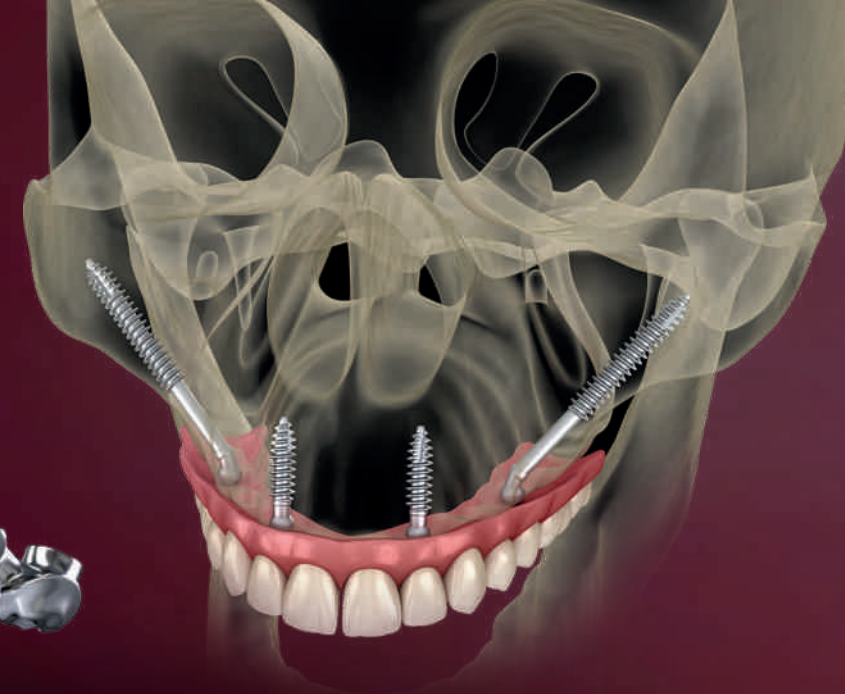
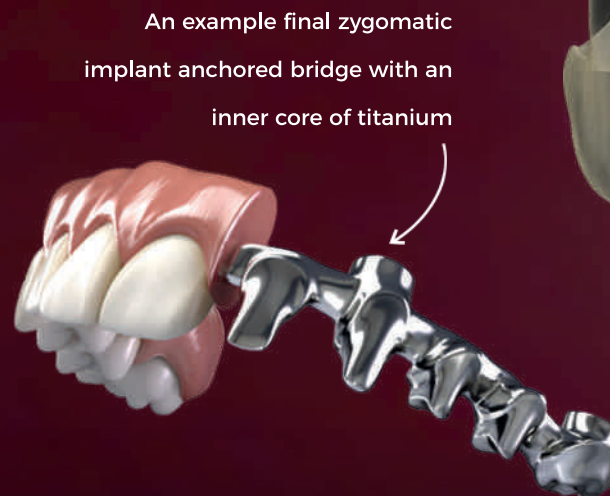
ZYGOMATIC IMPLANTS

Been told you don't have enough bone for dental implants?
Perhaps they weren't looking in the right place!

Many of our patients find that their upper jaw represents a challenge when our clinicians are planning for implant-supported dentures or bridges.

This is because they do not have adequate bone to retain normal implants. Over the last 30 years, dental surgeons have been compensating for the lack of bone volume with bone grafting and sinus lift procedures, but the thought of these treatments often puts people off.

Thanks to the skill of our team, The Dental Suite now offers a life-changing alternative. Same Day zygoma implants are a special type of extra-long implant that can be anchored into the patient's zygomatic bone (cheekbones) instead of just the jaw.



This means patients who were previously told they did not have enough bone for dental implants could now have a fixed provisional bridge of teeth fitted immediately after surgery, avoiding the average nine-month wait and multiple surgeries required with bone grafting.

Research shows that zygoma implants help avoid bone grafting and shorten treatment time, with significant improvements in function and aesthetics after surgery.

If you have lost bone density in your jaw due to ageing, tumour or atrophy, you may have experienced some 'collapsing' in your face. The zygomatic dental implant procedure has the added benefit of improving the jaw structure and improving your facial appearance.

References:

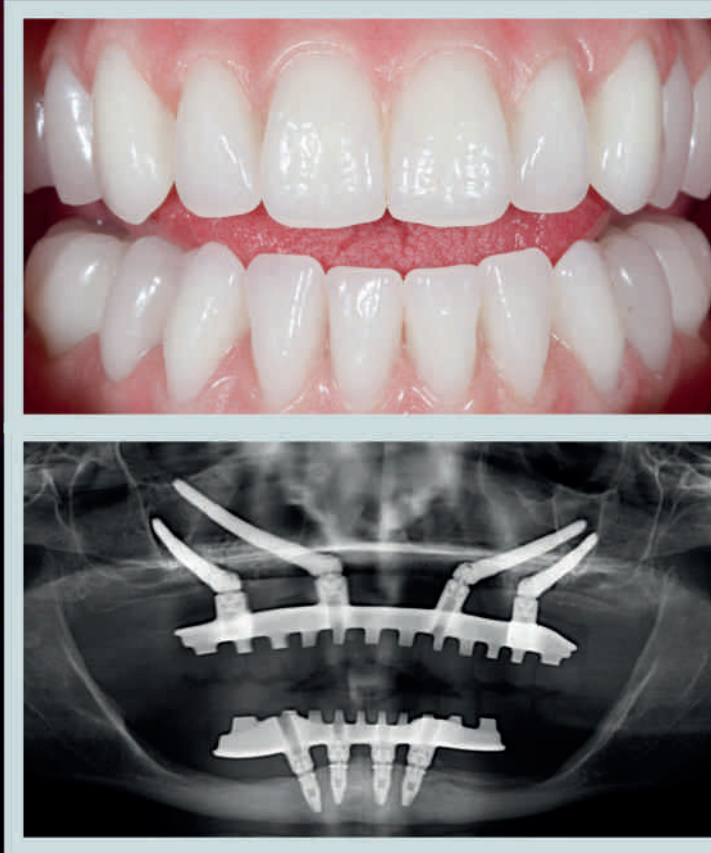
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Farzad P, Andersson L, Gunnarsson S, Johansson B. Rehabilitation of severely resorbed maxillae with zygomatic implants: an evaluation of implant stability, tissue conditions, and patients' opinion before and after treatment. *Int J Oral Maxillofac Implants* 2006;21(3):399-404.

CHRISTINE

— Same Day Teeth patient



Same day fixed bridges anchored in place using zygomatic and conventional implants.

X-ray showing quad zygomatic implants placed in the upper cheek bones, conventional implants placed in the lower jaw and the titanium bars hidden within the bridges.



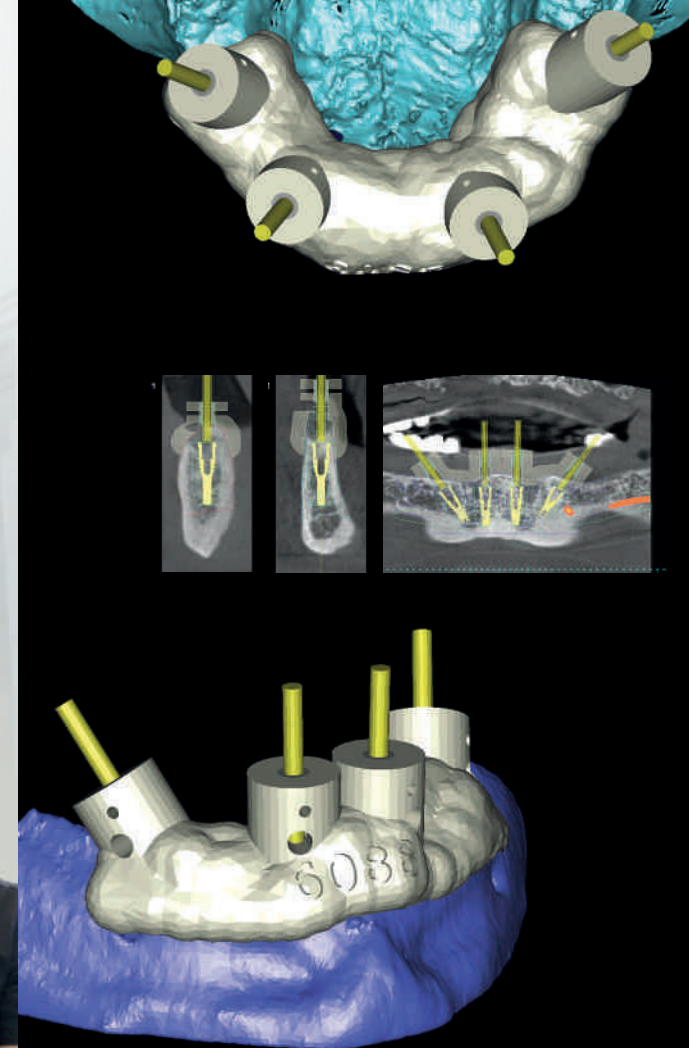
Hover your mobile phone camera over the QR code to scan it and watch Christine's story

SAME DAY TEETH FIVE SIMPLE STEPS

While procedures may vary from patient to patient, the following is an indication of the main stages of treatment.

STEP ONE

At an initial consultation, we'll discuss your suitability for treatment, and you can find out about the big difference that Same Day Teeth treatment could make to your life. Feel free to ask as many questions as you like. We will also conduct a small examination to ensure that conditions for implant treatment have been met.



STEP TWO

We'll carry out a CT scan, assessment and diagnostics so that we can prepare an accurate digital 3D image of the procedure, including virtual implant placement. We will then spend up to two weeks formulating your customised plan before we see you again.

STEP THREE

With a thorough written treatment plan to hand we chat with you face to face, explaining all your options including details of the fees. We can also discuss our full range of financial payment plans. If you decide to go ahead, we can then schedule your first Same Day Teeth treatment. This usually involves taking impressions of your mouth, and recordings of your bite. We'll also work with you to design the size, shape and shade of your new teeth. Some patients can have a trial fitting of their new teeth at this appointment.



STEP FOUR

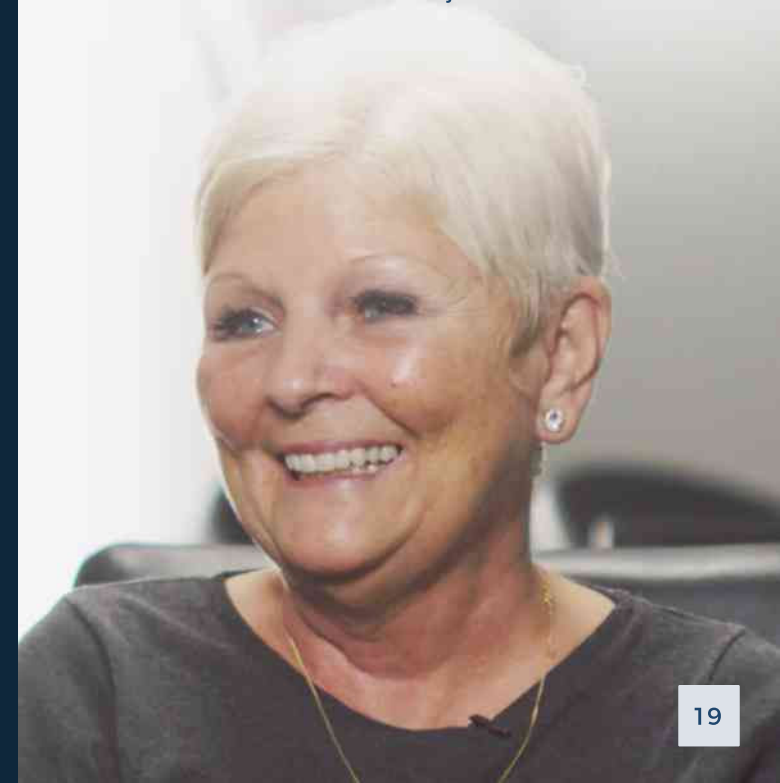
We normally schedule the surgery to begin early morning and often carry out the procedure under intravenous sedation. We prepare your jaw for the implants to be placed and carefully position them to secure your new teeth. This is a fantastic-looking set of teeth that you will wear for a few months until you are ready for the final thing. Afterwards, take some time to rest in our relaxation area. In a few hours, you will be able to go home with a new smile.

STEP FIVE

We'll schedule a review appointment around two weeks after surgery. You will also need to see our hygienist who will show you how to look after your new teeth. After this, we ask to see you a couple more times to monitor your progress. In three months, we can begin treatment for your final permanent teeth over three or four short appointments. Adjustments of the tooth position and colour can be made at this stage.

RECEIVE YOUR PERMANENT TEETH

Congratulations! Your new final permanent teeth are fitted - rock solid just like real teeth.



YOUR QUESTIONS ANSWERED

?

HOW LONG DOES THE WHOLE PROCESS TAKE FROM START TO FINISH?

This really depends on you, but for the majority, placing dental implants and attaching an arch of teeth in one day is entirely possible. In some instances, we may suggest you wait whilst the implants fuse with the bone. This typically takes three months, at which point we can then attach the new teeth.

?

IF I WANT TO MEET THE TEAM TO DISCUSS MY OPTIONS, WHAT DO I DO NEXT?

We find that patients are often very nervous and apprehensive at first about treatment, so we suggest you attend an initial consultation. Here you will be able to discuss your options face to face with our team. Simply call one of our clinics to make an appointment or book online. Alternatively, we hold many Discovery Days where you can come along and chat with us.

?

WHAT DO I ACTUALLY GET?

Initially, you will receive four to six dental implants which act as a permanent root for your new teeth. You also get high-quality prosthetic teeth, embedded in high impact acrylic. The bridge is normally a hybrid design with a milled titanium beam supporting the gum and teeth. This is screwed to the dental implants and can only be removed by one of our dentists.

?

IS THE PROCEDURE PAINFUL AND HOW LONG IS THE RECOVERY PERIOD?

Our patients are always amazed about how comfortable treatment is. All implants are placed under a local anaesthetic so the implant sites are numb and pain-free. You can expect some discomfort and slight swelling after the surgery but this can be managed by everyday painkillers such as Ibuprofen.

ELLIE

— Same Day Teeth patient



Hover your mobile phone camera over the QR code to scan it and watch Ellie's story



IS THE PROCEDURE EXPENSIVE, AND ARE THERE ANY FINANCE OPTIONS?

Typically, the procedure cost per arch is £15,000. This includes x-rays, CT scans, all diagnostics, implants and the final bridge of teeth. We offer affordable monthly finance options which help our patients access the funds they need to achieve a smile they've always dreamed of. Usually, we find that where there's a will there's a way!



CAN ANYONE BENEFIT FROM THE SAME DAY TEETH TECHNIQUE?

Same Day Teeth is typically recommended for those patients who are missing most or all of their natural teeth, or who have failing teeth due to advanced tooth decay or periodontal (gum) disease. You will need to have a consultation to check that the technique is suitable for your individual needs.

The good news is that Same Day Teeth treatment is ideal for most people because the technique uses fewer implants to restore a whole arch of teeth.

Zygomatic implant technology may be an option for patients who have jawbone loss which has previously prevented implants.



WHAT IF I AM NOT SUITABLE FOR FIXED TEETH?

Decisive factors for whether you are a candidate for our Same Day Teeth procedure include your age, health, expectations, the amount of missing hard and soft tissue, your dexterity and your financial situation. If these criteria mean that you aren't suitable for the Same Day procedure, then we can offer you other implant-assisted treatments that are worth the wait, ensuring we help you get back the quality of life you deserve.

MICHELLE

— Same Day Teeth patient



?

CAN I USE THEM LIKE NORMAL TEETH?

Absolutely! There are no restrictions. All you need to do is clean them twice a day and see us regularly for reviews as with natural teeth, usually twice a year. Once we have fitted the new teeth, we recommend a soft diet for the first few weeks. This is to allow the implants time to fuse with the bone. When the permanent teeth are fitted, there are no restrictions on what you can eat and the teeth will function and feel as if they are your own.

?

HOW LONG DOES THE PROCEDURE ACTUALLY TAKE? IS IT REALLY ALL DONE IN ONE DAY?

The procedure of placing the implants and attaching the provisional bridge is completed in as little as three hours. There are a handful of appointments prior to this to allow us to prepare for the day. After surgery, you need to attend some review appointments, and after approximately three months it takes four or five further appointments to prepare and fit your long-term bridge.

ROBERT & YVONNE

— Same Day Teeth patients



Hover your mobile phone camera
over the QR code to scan it and
watch Robert's story



DAVID

— Same Day Teeth patient



Hover your mobile phone camera over the QR code to scan it and watch David's story



NERVOUS ABOUT TREATMENT? **HAVE A DENTAL PHOBIA?**



Let us put your mind at ease

We meet many people who have had very bad experiences in a dental practice (mostly as young children.) This can prevent people from returning to a dentist for many years. This, combined with poor oral health, can have a devastating effect on quality of life. And it is one of the reasons why we have designed a phobia-friendly procedure to put nervous and anxious patients at ease.

We'll begin by exploring the source of your anxiety and using a host of tested anti-anxiety strategies to help you feel at ease. This is enough to help most patients feel relaxed enough to undergo treatment. In more acute cases, we may suggest the use of a gentle sedative.

VERONICA

— Same Day Teeth patient



Hover your mobile phone camera over the QR code to scan it and watch Veronica's story

And...

Relax

Sedation is delivered by our consultant anaesthetists. Patient safety is our paramount concern, and we ensure stringent monitoring throughout the procedure.



INTRAVENOUS SEDATION

For minimal, moderate or deep sedation, the sedative is administered directly into a vein. The combination of sedative and pain-relieving medications create a drowsy and dreamlike state of deep, calming relaxation throughout the procedure. You remain conscious but may have limited recollection afterwards. You'll also need a local anaesthetic – numbing medication - inside your mouth to relieve any pain or discomfort.

Sedation is delivered by a consultant anaesthetist, which ensures a high level of safety, a deeper level of sedation and faster recovery following treatment.

WHY CHOOSE SEDATION DENTISTRY?



Relax and leave the team to take care of it – forget about discomfort during your Same Day Teeth procedure.



You get the smile you want, without your anxiety getting in the way. You can eliminate worries about the things that normally put you off, like the smell of the dental surgery or the sound of the equipment.



It also means you can make efficient use of your time – we can often perform all of the required implant surgery in a single session.

SHAUN

— Same Day Teeth patient



Hover your mobile phone camera
over the QR code to scan it and
watch Shaun's story

MEET THE TEAM

The Dental Suite is home to an expert team of dental professionals including implant dentists, restorative dentists and clinical dental technicians. Our service is built around patient-centred care and is the culmination of many years of experience, backed by research and the latest innovations in dental technology.

The team's work has been recognised at the highest level, winning several national awards, featured in the press and media and most importantly being worn on our patient's smiles.

**DR KALPESH
BOHARA**

CLINICAL DIRECTOR



**DR GUY
MCLELLAN**

DENTIST



**JAMIE
WRIGHT**

CLINICAL DENTAL TECHNICIAN



DR KALPESH BOHARA

DENTIST

As a highly experienced implant dentist with expertise in both implants and advanced surgical dental techniques, Dr Kalpesh Bohara has placed over 5000 successful implants. His extensive post-graduate implant education and a certificate in Advanced Restorative Dentistry from the prestigious Eastman Dental Institute, mean that he is perfectly equipped to place Same Day Teeth implants. He aims to stabilise restorations for a completely restored smile, improving his patients' quality of life and seeing their confidence soar.

He also offers sedation for nervous patients and is proud to be a dental phobia certified dentist.



Patients travel across the globe to visit The Dental Suite because of their dedicated nervous patient programme. Dr Kalpesh Bohara is proud to be one of the first dentists in the UK to achieve Dental Phobia Certification status and you can rest assured that you are in the most gentle and caring hands possible.



JAMIE WRIGHT

CLINICAL DENTAL TECHNICIAN

Clinical dental technician Jamie Wright has over 30 years of experience creating natural-looking, high-quality denture restorations, making him an essential member of the Same Day Teeth team. He has created over 10,000 sets of full arch restorations for patients, and his experience is second to none. One of the first clinical dental technicians to graduate from the Royal College of Surgeons, Jamie believes that one of the most important and rewarding aspects of treatment is getting to know each patient and creating restorations that suit their individual needs perfectly.



DR GUY MCLELLAN

DENTIST

Guy McLellan is qualified as both a doctor and a dentist and is a Fellow of the Royal College of Surgeons of England. He has spent more than ten years working in hospitals and has completed training in plastic surgery and ENT. Since 1994, Guy has been developing his expertise in dental implants. He also has experience in intra-oral cancer rehabilitation, facial cancer surgery and reconstruction surgery for those with facial deformities such as cleft palate and lip. Guy provides surgical implantology using complex bone grafting procedures and zygomatic implants.



GET IN TOUCH

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SAME DAY TEETH 

