

Practical Procedures in Implant Dentistry

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Contents

Foreword *xix*

List of Contributors *xxi*

About the Companion Website *xxiii*

1 Introduction *1*

Christopher C.K. Ho

References *4*

2 Patient Assessment and History Taking *5*

Christopher C.K. Ho

2.1 Principles *5*

2.1.1 Medical History *5*

2.1.2 Medications and Allergies *6*

2.1.3 Past Medical History *6*

2.1.3.1 Cardiovascular Disorders *6*

2.1.3.2 Diabetes Mellitus *7*

2.1.4 Age *7*

2.1.5 Smoking *7*

2.1.6 Osteoporosis and Bisphosphonate Therapy *8*

2.1.7 Radiotherapy *9*

2.1.8 Dental History *9*

2.1.9 Social History *10*

2.2 Tips *10*

References *10*

3 Diagnostic Records *13*

Aodhan Docherty and Christopher C.K. Ho

3.1 Principles *13*

3.1.1 Diagnostic Imaging and Templates *13*

3.1.1.1 Three-Dimensional Imaging *14*

3.1.1.2 Templates *14*

3.1.2 Guided Surgery *16*

3.1.3 Diagnostic Records *17*

3.1.3.1 Articulated Study Models *17*

3.1.3.2 Photographic Records *18*

3.2	Procedures	18
3.2.1	Template Design	18
3.2.1.1	Traditional Templates	18
3.2.1.2	Digital Templates	18
3.2.2	Photography	19
3.3	Tips	23
	References	23
4	Medico-Legal Considerations and Risk Management	25
	<i>Christopher C.K. Ho</i>	
4.1	Principles	25
4.1.1	Informed Consent	25
4.2	Procedures	26
4.2.1	Dental Records	26
4.3	Tips	28
	Reference	28
5	Considerations for Implant Placement: Effects of Tooth Loss	29
	<i>Kyle D. Hogg</i>	
5.1	Principles	29
5.1.1	Local Site Effects of Tooth Loss	29
5.1.2	Effects of Tooth Loss on the Individual Level	32
5.1.3	Effects of Tooth Loss on the Population Level	32
5.2	Procedures	33
5.3	Tips	34
	References	34
6	Anatomic and Biological Principles for Implant Placement	37
	<i>Kyle D. Hogg</i>	
6.1	Principles	37
6.1.1	Osteology	37
6.1.2	Innervation and Vascular Supply	40
6.1.3	Musculature	41
6.2	Procedures	41
6.3	Tips	47
	References	47
7	Maxillary Anatomical Structures	49
	<i>Kyle D. Hogg</i>	
7.1	Principles	49
7.2	Maxillary Incisive Foramen and Canal	49
7.2.1	Importance in Oral Implantology	50
7.3	Nasal Cavity	50
7.3.1	Importance in Oral Implantology	51
7.4	Infraorbital Foramen	52
7.4.1	Importance in Oral Implantology	52

7.5	Maxillary Sinus	52
7.5.1	Importance in Oral Implantology	54
7.6	Greater Palatine Artery and Nerve	55
7.6.1	Importance in Oral Implantology	55
	References	56
8	Mandibular Anatomical Structures	59
	<i>Kyle D. Hogg</i>	
8.1	Principles	59
8.2	Mental Foramen and Nerve	59
8.2.1	Importance in Oral Implantology	61
8.3	Mandibular Incisive Canal and Nerve	62
8.3.1	Importance in Oral Implantology	62
8.4	Genial Tubercles	63
8.4.1	Importance in Oral Implantology	63
8.5	Lingual Foramen and Accessory Lingual Foramina	63
8.5.1	Importance in Oral Implantology	63
8.6	Sublingual Fossa	64
8.6.1	Importance in Oral Implantology	65
8.7	Submental and Sublingual Arteries	65
8.7.1	Importance in Oral Implantology	65
8.8	Inferior Alveolar Canal and Nerve	65
8.8.1	Importance in Oral Implantology	67
8.9	Lingual and Mylohyoid Nerves	67
8.9.1	Importance in Oral Implantology	68
8.10	Submandibular Fossa	68
8.10.1	Importance in Oral Implantology	69
8.11	Mandibular Ramus	69
8.11.1	Importance in Oral Implantology	69
	References	69
9	Extraction Ridge Management	73
	<i>Tino Mercado</i>	
9.1	Principles	73
9.2	Osteoconductive Materials for Ridge Management	74
9.3	Biologically Active Materials for Ridge Management	74
9.4	Influence of Buccal Wall Thickness on Ridge Management	82
	References	82
10	Implant Materials, Designs, and Surfaces	87
	<i>Jonathan Du Toit</i>	
10.1	Principles	87
10.2	Implant Bulk Materials	87
10.2.1	Pure Titanium Used for Implant Bulk Material	88
10.2.2	Titanium Alloys Used for Implant Bulk Material	90
10.2.3	Zirconia Used for Implant Bulk Material	90

10.2.4	Other Materials as Bulk Implant Material	92
10.3	Implant Surface Treatments	92
10.4	Implant Design	95
10.4.1	Implant Body Shape Design	95
10.4.2	Implant Thread Design	96
10.4.3	Implant Connection Designs	96
10.4.4	Which Implant Connections Are Better and Why?	98
10.5	Summary	101
	References	101

11 Timing of Implant Placement 103

Christopher C.K. Ho

11.1	Principles	103
11.1.1	Classification for Timing of Implant Placement	103
11.1.2	Immediate Placement	104
11.1.3	Delayed Implant Placement	107
11.1.3.1	Resolution of Local Infection	107
11.1.3.2	Dimensional Changes of the Alveolar Ridge	107
11.2	Procedures	108
11.2.1	Systemic Risk Factors	108
11.2.2	Local Risk Factors	108
11.2.3	Biomaterials	109
11.2.4	Socket Morphology	110
11.2.5	Flapless Protocol	111
11.2.6	Clinician Experience	112
11.2.7	Adjunctive Procedures with Implant Placement	112
11.2.7.1	Simultaneous Bone Augmentation with Implant Placement	112
11.2.7.2	Adjunctive Soft Tissue Grafting	112
11.2.8	Selecting the Appropriate Treatment Protocol	113
11.3	Tips	114
	References	114

12 Implant Site Preparation 117

Tom Gribbin

12.1	Principles	117
12.2	Assessing Implant Sites and Adjacent Teeth	118
12.2.1	Periodontal Charting	118
12.2.2	Assessment of Gingival Biotype and Attached Mucosa	118
12.2.3	Photography	118
12.2.4	Aesthetic Assessment	119
12.2.5	Radiography	119
12.2.6	Occlusal Analysis	120
12.2.7	Endodontic Status of Adjacent Teeth	120
12.3	Site Preparation	120
12.3.1	Grafting – Sinus, Buccal, Soft Tissue	121

12.3.2	Occlusion	121
12.3.3	Adjacent and Opposing Teeth	121
12.3.4	Crown Lengthening and Gingivectomy	122
12.3.5	Orthodontics and Site Preparation	122
12.3.6	Provisional Phase	124
	References	126
	Further Reading	126
13	Loading Protocols in Implantology	129
	<i>Christopher C.K. Ho</i>	
13.1	Principles	129
13.1.1	Definitions	129
13.1.2	Conventional Loading	130
13.1.3	Early Loading	130
13.1.4	Progressive Loading	130
13.1.5	Immediate Loading	130
13.2	Procedures	131
13.2.1	Selecting a Loading Protocol	131
13.2.2	Methods of Evaluation of the Primary Stability for Immediate Loading	134
13.3	Tips	134
	References	135
14	Surgical Instrumentation	137
	<i>Christopher C.K. Ho</i>	
14.1	Principles	137
14.1.1	Mirror, Probe, and Tweezers	137
14.1.2	Scalpel Handles	137
14.1.3	Scalpel Blades	138
14.1.4	Curettes	138
14.1.5	Needle Holders	138
14.1.6	Periosteal Elevators	139
14.1.7	Retractors	139
14.1.8	Depth Probe	139
14.1.9	Tissue Forceps/Pliers	139
14.1.10	Mouth Props/Bite Blocks	140
14.1.11	Scissors	140
14.1.12	Extraction Forceps, Periotomes and Elevators	140
14.1.13	Kidney Dish	140
14.1.14	Surgical Kit, Electric Motor, 20:1 Handpiece, and Consumables	140
14.1.15	Grafting Well	141
14.2	Optional Instrumentation	141
14.2.1	Rongeurs	141
14.2.2	Benex	141
14.2.3	Bone Harvesters	142

14.2.4	Anthogyr Torq Control	142
14.2.5	Piezosurgery	143
14.3	Tips	144
15	Flap Design and Management for Implant Placement	145
	<i>Christopher C.K. Ho, David Attia, and Jess Liu</i>	
15.1	Principles	145
15.1.1	Neurovascular Supply to Implant Site	145
15.1.2	Flap Design and Management	146
15.1.3	Types of Flap Reflection	146
15.2	Procedures	148
15.2.1	Tissue Punch	148
15.2.2	Envelope Flap	148
15.2.3	Triangular (Two-Sided) and Trapezoidal (Three-Sided) Flap	150
15.2.4	Papilla-Sparing Flap	151
15.2.5	Buccal Roll	152
15.2.6	Palacci Flap	152
15.3	Tips	152
	References	154
16	Suturing Techniques	155
	<i>Christopher C.K. Ho, David Attia, and Jess Liu</i>	
16.1	Principles	155
16.1.1	Types of Sutures	155
16.1.1.1	Absorbable Sutures	156
16.1.1.2	Non-absorbable Sutures	156
16.1.2	Suture Adjuncts	157
16.1.3	Suture Size	157
16.1.4	Needle	157
16.2	Procedures	158
16.2.1	Simple/Interrupted Sutures	158
16.2.2	Continuous/Uninterrupted Suture	159
16.2.3	Mattress Sutures	159
16.2.3.1	Horizontal Mattress	161
16.2.3.2	Vertical Mattress	161
16.2.4	Suture Removal	162
16.3	Tips	162
17	Pre-surgical Tissue Evaluation and Considerations in Aesthetic Implant Dentistry	163
	<i>Sherif Said</i>	
17.1	Principles	163
17.2	The Influence of Tissue Volume on Peri-implant 'Pink' Aesthetics	163
17.3	Tissue Volume Availability and Requirements	165
17.3.1	Hard Tissue Requirements	165

17.3.2	Soft Tissue Requirements	166
17.4	Pre-operative Implant Site Assessment	166
17.5	Key Factors in Diagnosis of the Surrounding Tooth Support Prior to Extraction	167
17.5.1	Integrity of the Interproximal Height of Bone	168
17.5.2	Essential Criteria Evaluation Prior to Extraction	168
17.5.3	Integrity of the Buccal Plate of Bone	169
17.6	Tips	169
17.7	Conclusion	170
	References	170
18	Surgical Protocols for Implant Placement	173
	<i>Christopher C.K. Ho</i>	
18.1	Principles	173
18.1.1	Implant Positioning	174
18.2	Procedures	176
18.2.1	One-Stage versus Two-Stage Protocols	177
18.2.2	Post-operative Management Protocols	177
18.3	Tips	179
	References	179
19	Optimising the Peri-implant Emergence Profile	181
	<i>David Attia and Jess Liu</i>	
19.1	Principles	181
19.1.1	The Peri-implant Emergence Profile	181
19.2	Procedures	182
19.2.1	Single-Stage versus Two-Stage Implant Surgery	182
19.2.2	Buccal Roll Flap	183
19.2.3	Pouch Roll Technique	186
19.2.4	Apically Repositioned Flap	188
19.2.5	Buccally Repositioned Flap	191
19.2.6	Free Gingival Graft	193
19.3	Tips	196
	References	198
20	Soft Tissue Augmentation	199
	<i>Michel Azer</i>	
20.1	Principles	199
20.1.1	Types of Oral Soft Tissue	199
20.1.2	Anatomical Considerations for Harvesting Autogenous Soft Tissue Grafts	200
20.1.2.1	Hard Palate	200
20.1.2.2	Tuberosity	200
20.1.2.3	Buccal Attached Gingiva of Maxillary Molars	201
20.1.3	Soft Tissue Substitutes	201

20.1.3.1	Allogenic Origin	201
20.1.3.2	Xenograft Origin	201
20.1.4	Purpose of Soft Tissue Graft (Periodontal Plastic Surgery)	201
20.1.4.1	Aesthetic Purpose	201
20.1.4.2	Functional Purpose	201
20.2	Procedures	201
20.2.1	Techniques	201
20.2.1.1	Harvesting the Palatal Tissue Graft as a Free Gingival Graft and Connective Tissue Graft	201
20.2.1.2	Root Coverage	202
20.2.1.3	Soft Tissue Augmentation Prior to Bone Grafting	202
20.2.1.4	Soft Tissue Graft to Gain Keratinised Tissue	203
20.3	Tips	209
	References	209
	Further Reading	210
21	Bone Augmentation Procedures	211
	<i>Michel Azer</i>	
21.1	Principles	211
21.1.1	Why is Bone Grafting Necessary?	211
21.1.2	Defect Topography Classification	211
21.1.3	Requirements for Successful Tissue Grafting	212
21.1.4	Materials Used for Augmentation	212
21.1.4.1	Autogenous Bone	212
21.1.4.2	Membranes	212
21.1.4.3	Membrane Fixation Systems	213
21.2	Procedures	213
21.2.1	Bone Graft with Non-resorbable Membrane	213
21.2.2	Autogenous Bone Graft	215
21.3	Tips	217
	References	217
22	Impression Taking in Implant Dentistry	219
	<i>Christopher C.K. Ho</i>	
22.1	Principles	219
22.1.1	Impression Techniques Used in Implant Dentistry	220
22.1.1.1	Abutment Level Impressions	220
22.1.1.2	Implant Level Impressions	220
22.1.2	Customised Impression Copings	222
22.1.3	Multiple Unit Impressions	222
22.2	Procedures	224
22.2.1	Implant Level Impression	224
22.2.2	Digital Impressions	225

22.3	Tips	225
	References	226
23	Implant Treatment in the Aesthetic Zone	227
	<i>Christopher C.K. Ho</i>	
23.1	Principles	227
23.1.1	General Considerations	227
23.1.1.1	Lip Contour and Length	228
23.1.1.2	Tooth Display at Repose and in Broad Smile	228
23.1.1.3	Smile Line	228
23.1.1.4	Teeth Length, Shape, Alignment, Contour, and Colour	229
23.1.1.5	Gingival Display, Gingival Zeniths, and Papillae of Maxillary Anterior Teeth	229
23.1.1.6	Width of Edentulous Space	230
23.1.1.7	Gingival Biotype	230
23.1.2	Major Deficiencies in Hard and Soft Tissues	230
23.2	Procedures	232
23.2.1	Assessment of Gingival Biotype	232
23.2.2	Clinical Management	232
23.2.3	Timing of Implant Placement	233
23.2.4	Thickness of Soft Tissues	234
23.3	Tips	234
	References	235
24	The Use of Provisionalisation in Implantology	237
	<i>Christopher C.K. Ho</i>	
24.1	Principles	237
24.1.1	Prosthetically Guided Tissue Healing	237
24.2	Procedures	240
24.2.1	Direct Techniques	240
24.2.2	Indirect Techniques	240
24.3	Tips	241
	Reference	242
25	Abutment Selection	243
	<i>Christopher C.K. Ho</i>	
25.1	Principles	243
25.1.1	Custom Abutments	245
25.1.2	Prefabricated (Stock) Abutments	245
25.1.3	Material Selection	247
25.1.4	Abutment Design	249
25.2	Procedures	250
25.3	Tips	250
	References	251

26	Screw versus Cemented Implant-Supported Restorations	253
	<i>Christopher C.K. Ho</i>	
26.1	Principles	253
26.1.1	Retrievability	253
26.1.2	Aesthetics	254
26.1.3	Passivity	254
26.1.4	Hygiene (Emergence Profile)	255
26.1.5	Reduced Occlusal Material Fracture	255
26.1.6	Inter-arch Space	256
26.1.7	Occlusion	256
26.1.8	Health of Peri-Implant Tissue	256
26.1.9	Provisionalisation	256
26.1.10	Clinical Performance	256
26.2	Procedures	257
26.2.1	Screw-Retained Restoration	257
26.2.2	Cement-Retained Restoration	260
26.2.3	Lateral Set-Screw (Cross-Pinning)	261
26.2.4	Angle Screw Correction/Bi-axial Screws	262
26.3	Tips	263
	References	264
27	A Laboratory Perspective on Implant Dentistry	265
	<i>Lachlan Thompson</i>	
27.1	The Shift from Analogue to Digital	265
27.2	Standards in Manufacturing Today	265
27.3	The Importance of Implant Planning for the Laboratory	267
27.4	Digital Planning to Manage Aesthetic Cases	268
27.5	Scanning for Implant Restorations	268
27.6	Digital Data Acquisition for Full Arch Cases	271
27.7	Inserting Full Arch Cases at Surgery	272
27.8	Tips	275
28	Implant Biomechanics	277
	<i>Tom Giblin</i>	
28.1	Principles	277
28.1.1	Forces and their Nature	277
28.1.1.1	Pressure = Force/Area	278
28.1.1.2	Impulse = Force/Time	278
28.1.1.3	Compressive, Tensile, and Shear Forces	279
28.1.1.4	Application to Materials and Occlusion	279
28.1.1.5	Incline Plane Mechanics (Normal Force)	280
28.1.2	Beams	280
28.1.3	Levers	281
28.1.4	Cantilevers	282
28.1.5	Bone	283
	Reference	285
	Further Reading	285

29	Delivering the Definitive Prosthesis	289
	<i>Aodhan Docherty and Christopher C.K. Ho</i>	
29.1	Principles	289
29.1.1	Soft Tissue Support	289
29.1.2	Occlusal Verification	290
29.1.3	Aesthetic Evaluation	290
29.1.4	Torque Requirement for Delivery	292
29.1.5	Cementation Technique and Material Selection – Cemented Crowns	292
29.1.6	Screw Access Channel Management – Screw-Retained Crowns	294
29.1.7	Pink Porcelain	295
29.2	Procedures	296
29.2.1	Delivering a Cement-Retained Crown – Chairside Copy Abutment Technique	296
29.2.1.1	Creating a Polyvinyl Siloxane Copy Abutment	296
29.2.1.2	Delivering a Cement-Retained Crown Using a Copy Abutment Technique	296
29.3	Tips	298
	References	298
30	Occlusion and Implants	299
	<i>Christopher C.K. Ho and Subir Banerji</i>	
30.1	Principles	299
30.1.1	Excessive Forces on Dental Implants	301
30.1.2	Bruxism and Implants	301
30.2	Procedures	302
30.2.1	Clinical Occlusal Applications	303
30.3	Tips	305
	References	305
31	Dental Implant Screw Mechanics	307
	<i>Christopher C.K. Ho and Louis Kei</i>	
31.1	Principles	307
31.1.1	Factors Affecting Implant Screw Joint Stability	308
31.1.1.1	Preload	308
31.1.1.2	Embedment Relaxation (Settling Effect)	308
31.1.1.3	Screw Material and Coating	308
31.1.1.4	Screw Design	309
31.1.1.5	Abutment/Implant Interface Misfit	309
31.1.1.6	Abutment/Implant Interface Design	309
31.1.1.7	Functional Forces	310
31.1.1.8	Number of Implants	310
31.1.1.9	Torque Wrench	310
31.2	Procedures	311
31.2.1	Techniques for Retrieving a Fractured Screw	311
31.2.1.1	The Ultrasonic Scaler Technique	311

31.2.1.2	Screwdriver Technique	312
31.2.1.3	Manufacturer Rescue Kits	312
31.3	Tips	312
	References	313
32	Prosthodontic Rehabilitation for the Fully Edentulous Patient	<i>315</i>
	<i>Christopher C.K. Ho</i>	
32.1	Principles	315
32.1.1	Number of Implants for Full Arch Implant Rehabilitation	317
32.1.1.1	Removable Overdenture	317
32.1.2	Fixed Implant-Supported Bridgework	319
32.2	Procedures	320
32.2.1	Occlusal Vertical Dimension	320
32.2.2	Phonetics	321
32.2.3	Swallowing	322
32.2.4	Facial Appearance	322
32.2.5	Impression Taking	322
32.2.6	Abutment Selection	322
32.2.7	Prosthodontic Options for Fixed Bridgework	323
32.2.8	Occlusion	323
32.3	Tips	323
	References	326
33	Implant Maintenance	<i>327</i>
	<i>Kyle D. Hogg and Christopher C.K. Ho</i>	
33.1	Principles	327
33.1.1	Radiographic Analysis	328
33.2	Procedures	330
33.3	Tips	333
	References	333
34	The Digital Workflow in Implant Dentistry	<i>335</i>
	<i>Andrew Chio and Anthony Mak</i>	
34.1	Components and Steps of the Digital Implant Workflow	336
34.1.1	Digital Diagnostic Impression	336
34.1.2	Cone Beam Computed Tomography	337
34.1.3	Digital Implant Treatment Planning	337
34.1.4	The Digital Surgical Guide	338
34.1.5	Pre-surgical Fabricated Temporary Prosthesis	342
34.1.6	Guided Implant Surgery	342
34.1.7	Implant Digital Impressions	343
34.1.8	Manufacturing of the Customised Prosthesis	343
	References	347
35	Biological Complications	<i>351</i>
	<i>Christopher C.K. Ho</i>	
35.1	Principles	351
35.1.1	Attachment Differences	352

35.1.2	Crestal Bone Loss	353
35.1.3	Peri-implant Disease	353
35.1.3.1	Prevalence of Peri-implant Diseases	354
35.1.3.2	Risk Factors in Peri-implant Disease	354
35.2	Procedures	357
35.2.1	Treatment of Peri-implant Disease	357
35.2.1.1	Methods of Decontamination	358
35.2.2	Treatment of Peri-implant Mucositis	360
35.2.3	Treatment of Peri-implantitis	361
35.2.3.1	Non-surgical Therapy for Peri-implantitis	361
35.2.3.2	Surgical Therapy for Peri-implantitis	361
35.2.4	Recommendations	364
35.2.5	Supportive Care	365
35.3	Tips	366
	References	367
36	Implant Prosthetic Complications	371
	<i>Christopher C.K. Ho and Matthew K. Youssef</i>	
36.1	Principles	371
36.1.1	Incidence of Prosthetic Complications	372
36.1.1.1	Implant-Supported Single Tooth Crowns and Implant-Fixed Dental Prostheses	372
36.1.1.2	Full Arch Implant-Fixed Dental Prostheses	373
36.1.2	Aetiology of Prosthetic Complications	374
36.1.2.1	Mechanical Overloading	374
36.1.2.2	Cement Excess	374
36.1.2.3	Proximal Contact Loss	374
36.2	Procedures	374
36.2.1	Occlusion	374
36.2.2	Unfavourable Implant Position	375
36.2.3	Anterior Implants	375
36.2.4	Implant Fracture	375
36.2.5	Screw Loosening	377
36.2.6	Abutment Screw Fracture	377
36.2.7	Stripped Screw Head	377
36.2.8	Passive Fit	378
36.2.9	Mechanical and Biological Complications of Framework Misfit	380
36.2.10	Impression Technique	381
36.2.11	Gingival Fistula	381
36.2.12	Prevention of Prosthetic Complications	382
36.3	Tips	383
	References	383
	Index	387

Foreword

It is a true pleasure to be invited to write a foreword for this comprehensive new textbook on implant dentistry, a fast evolving discipline ranging from basic biological fundamentals to advanced clinical principles. The responsibility is large to write a new book on dental implants and to cover in detail topics such as digital planning, patient selection, implant and regenerative biomaterials, surgical and restorative steps, oral maintenance, follow-up, and the diagnoses of implant problems. The Editor has successfully managed to do so and has compiled a clear and practical guide for the clinician.

I welcome his timely efforts as the implant field has developed so rapidly that it is hard for any clinician, young or old, to stay abreast of new developments and not to forget the foundations that made this field possible. The master clinician behind the book is one of the true experts in implant dentistry. Dr. Chris Ho gained his extensive clinical and evidence-based experience over many years practising and teaching the field. He completed basic implant training as a general practitioner, then moved to advanced restorative training as a prosthodontist, and advanced surgical training with global experts in implant, bone, and soft tissue surgery. It takes that kind of discipline and devotion to master a complex field and enjoy the day-to-day implant practice, treating patients without stress and with consistent success. This book documents the task and will be a reference for many years to come.

I have gotten to know Chris as a dedicated and passionate clinician, educator, author, and friend over the many years that he has been vital to the gIDE Master Clinician Program. It is important for every dentist, from young graduate to experienced practitioner, to understand that it takes that kind of devotion to master a technique and become an implant expert. Many years of learning and training bring good and bad days, with learning curves that range from easy to steep, but the passion and discipline never disappears in the journey to become a Master Clinician in implant dentistry.

I believe that this book will be part of the journey for any dentist interested in improving and mastering their dental implant therapy.

Enjoy, train hard, and don't forget to have fun while learning.

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1

Introduction

Christopher C.K. Ho

The phenomenon of osseointegration has allowed for major improvements in both oral function and the psychosocial well-being of edentulous patients. The improvement in quality of life may be life-changing, allowing patients fixed replacement of teeth or, in cases of removable dental prostheses, significant improvement in retention and stability. In the 1950s, Swedish physician Per-Ingvar Bränemark conducted *in vivo* animal experiments studying revascularisation and wound healing using optical titanium chambers in rabbit tibia. On removal of the titanium chambers it was discovered that bone was attached to the titanium. Subsequently, Bränemark dedicated his research to the study of bony integration. He defined osseointegration as 'the direct structural and functional contact between ordered living bone and the surface of a load carrying implant' [1].

Since those early days, progress in implant treatment has been remarkable, with many innovative and technological advances, including three-dimensional (3D) imaging and computer-aided design/computer-aided manufacturing (CAD/CAM), new biomaterials, advances in implant configuration and connections, with surface modifications that have allowed improved surface reactivity for better bone–implant contact. Historically, specialist teams of surgeons and prosthodontist/restorative dentists undertook this therapy and achieved very high levels of success. However, with increasing numbers of implants and time *in situ*, as well as treatment by less-experienced clinicians, there has been an increase in the number of complications encountered.

When implant treatment fails or a complication arises it can be extraordinarily disheartening for patients and clinicians alike. As well as significant costs there is the surgical morbidity of carrying out implant insertion with considerable time involvement. This leads to disappointment if treatment fails and may even lead to medico-legal repercussions. No treatment is immune to failure, but proper management through comprehensive evaluation, diagnosis, and planning is paramount to success and minimising any complications. Along with careful case selection and planning, treatment should be performed with high levels of evidence-based protocols and professional excellence and followed up with regular continuing care.

Since the introduction of moderately roughened implant surfaces and tapered, threaded implants the success of implants has become predictable, with very few failures occurring. The early failures are most likely due to surgical error, such as overheating of bone or not attaining sufficient primary stability due to over-preparation. Most late failures occur as a result of peri-implant infection or implant overload, and in the aesthetic zone due to insufficient soft or hard tissues around the implant. Extensive research has been conducted, combined with long-term patient experience, allowing us to refine and improve the treatment protocols. There have been major developments in knowledge that have allowed significant improvements, including the following:

- *A prosthetically driven approach:* Historically, a surgically driven approach was used in which implants were placed in the bony anatomy available. However, in cases of deficiency this resulted in final restorations that were compromised. A prosthetically driven approach is referred to as 'backwards planning'; the final ideal tooth position is planned, and augmentation may need to be performed to allow the final implant to be in the optimal position.
- *Radiographic imaging:* Cross-sectional imaging with cone beam computed tomography (CBCT) scans in combination with the use of planning software allows 3D positioning for the prosthetically planned approach. Improved safety and predictability in implant insertion has resulted. The use of surgically guided templates to provide precise implant placement with alignment in the correct axis enhances predictability and reliability in placing implants that are bodily within bone, and with access alignment that may allow screw retention. It also allows the clinician to diagnose whether augmentation may need to be undertaken in either a simultaneous or staged approach with implant placement.
- *Importance of the soft tissue interface:* It is now understood that the peri-implant soft tissues are paramount for long-term stability and predictability. The soft tissue interface is similar to that of natural teeth and a barrier to microbial invasion. Histologically, peri-implant tissues possess a junctional epithelium and supracrestal zone of connective tissue. This connective tissue helps seal off the oral environment, with the fibres arranged parallel to the implant surface in a cuff-like circular orientation. This arrangement may impact how the tissue responds to bacterial insult or cement extrusion into the sulcus. Natural teeth have gingival fibres inserting into cementum tissues, but because of the parallel arrangement of fibres around implants the tissues are more easily detached from the implant surface. This may lead to breakdown such as that seen in peri-implantitis or cement extrusion. This inflammatory breakdown is often seen at an accelerated rate compared to that of periodontitis. Literature has also demonstrated the presence of a 'biologic width' around dental implants, and understanding the influence of thick tissue will help prevent bone loss and provide improved stability [2, 3].
- *Implant design:* Both macrostructure and microstructure of implants have undergone continuous development to attain better primary stability, quicker osseointegration, and increased bone–implant contact. Micromotion may disturb tissue healing and vasculature, with micromotion greater than 100–150 µm

detaching the fibrin clot from the implant surface. Modern implant designs have focused on achieving enhanced primary stability, with manufacturers developing a tapered implant that allows for the widest part of the implant to engage the cortical bone at the crest, while the apical portion is tapered to allow the trabecular bone to be compressed. The original implant connections were an external hex, however modern implant designs have focused on platform-switched internal connections. These are often conical connections, with several manufacturers' designs approaching a Morse taper. This creates significant friction through the high degree of parallelism between the two structures within the connection. It has been shown to reduce the microgap size and distribute stress more evenly; there is also increasing evidence that it helps to preserve peri-implant bone and stabilise soft tissues. Extensive research into implant microstructure has established the optimal environment for bone-implant contact, with both additive and subtractive techniques used to develop moderately rough surfaces (S_a 1–2 μm). Most implant manufacturers produce this surface by using acid etching, grit blasting, or anodic oxidation. This roughness improves the osteoconductivity of the surface.

- *Digital implant dentistry – computer-aided design (CAD), computer-aided manufacturing (CAM), chairside intra-oral scanning, and 3D printing:* This area has undergone significant technological improvements in recent years, with implant planning software allowing accurate planning of dental implants using CBCT. The ability to print surgical guides through 3D printing is now commonplace, with many dental practices able to access this technology due to the reduced cost of printing. CAD/CAM fabrication of prosthetic abutments and implant bars allows customised designs that are passively fitting, economic, and homogeneous, with no distortion compared to that of cast metal frameworks. The many different materials dental clinicians have available to mill nowadays, including zirconia, ceramics, hybrid ceramics, cobalt-chrome, and titanium, allow the modern clinician to select appropriate materials for both aesthetics and strength when required.
- *Loading protocols:* The original protocols demanded an unloaded period of healing after implant surgery that ranged from three to six months. With the improved designs possessing better primary stability and roughened surface implants, these delayed loading protocols have been challenged, with immediate loading of implants providing immediate function in the first 48 hours. This has led to better acceptance of treatment, with reduced numbers of appointments and intervention. Survival rates are high for immediate loaded and conventional loaded implants, however immediate loading may pose a greater risk for implant failure if there is the possibility of micromotion.
- *Complications and long-term maintenance:* Because the original implant patients were treated over 50 years ago now, many patients have had implants for multiple decades. Complications are known. These can be mechanical in nature, such as screw loosening/fracture, veneering material fractures and wear, or biological complications with peri-implantitis and inflammation. Proper planning minimises such failure and complications. Patients should still understand that regular continuing care is required and that their implant treatment may require servicing and may even need replacement in the future.

We hope that this book provides the reader with information that allows their practice of implant dentistry to be successful and predictable, ultimately improving a patient's quality of life. The book has been formatted to ensure that the reader has access to relevant information in a recognisable format under the headings 'Principles, Procedures, and Tips'. This will give practising clinicians accessible information to learn new skills, and provides a continual reference for revision prior to performing procedures. We hope this will ensure that the clinician undertakes best practice within their dental office in the field of implant dentistry.

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2

Patient Assessment and History Taking

Christopher C.K. Ho

2.1 Principles

Careful patient selection, evaluation, and treatment planning are fundamental to the success of implant therapy and will help to avoid future complications or failures. Since Bränemark et al. [1] published research documenting successful osseointegration on endosseous titanium implants in 1969, the use of osseointegrated dental implants has increasingly become the treatment option for the replacement of missing teeth. Despite the predictability of dental implants, a small but significant number of patients continue to experience implant failure, and it is important to understand the risk factors involved. Informed consent is the process of communication between a clinician and a patient whereby a patient grants permission for the proposed treatment based on understanding the nature of the problem, the risks, and the benefits of the procedure and treatment alternatives, including no treatment.

The first objective is to gather all relevant information to plan treatment. It is essential to obtain appropriate information about the patient's dental and medical history, and to conduct a comprehensive examination in conjunction with diagnosis from radiographic imaging and study casts.

2.1.1 Medical History

The general health status of a patient should always be assessed prior to any surgical procedure. Although there is minimal association between general health status and implant survival [2], there are certain situations where implant procedures may risk the health of a patient or possibly be associated with higher failure rates of osseointegration.

Medical questionnaires are routinely used and, in addition, it is best practice to verbally ask specific questions about the health of patients. There are two basic questions that a clinician should ask prior to implant surgical procedures:

- 1) Is the patient fit medically to have the procedure done?
- 2) Is there anything in their history that would interfere with healing and the normal osseointegrative process?