

# MY LINCOLN DENTIST

## DENTAL IMPLANTS 101

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*A side view of a dental implant with 2 natural teeth*

Dental implants have truly revolutionized modern dentistry. They are the first reliable method we have of actually permanently replacing missing teeth.

There are still many misconceptions about dental implants that have kept them from being even more commonplace among the general population. We will try to cover some implant basics here.

Implants are among the most successful treatments in dentistry. Well over 90% of implants successfully integrate and become permanent fixtures in our body. The titanium material that implants are made out of allows implants to undergo this process of osteointegration. This is where our jaw bone grows directly to the implant surface as if it were part of our body. This gives implants a strength and longevity that is unparalleled.

Typically it takes 3 to 6 months before a crown can be placed on the implant. During this time there is typically no discomfort or pain, but we are just waiting for the implant to fully anchor itself. Most pa-

tients are also surprised to find that the implant placement procedure is also relatively comfortable. During this waiting time we can leave the space or make a removable retainer-like devise if the missing tooth is in a visible area..

Aside from the waiting period, the major concern for patients is cost. Dental implants may be cost effective, however, when one takes into account that it will likely last a lifetime and give you the look, feel, and function of having your own natural tooth or teeth back.

Another benefit of dental implants is that they help to retain bone. When a tooth is lost we slowly lose the bone around where that tooth was. When an implant is placed, our body treats it as if it were another tooth and this bone loss process stops.

Although our office has developed the expertise to make implants routine, it is still a highly precise process. We take the time to treat each case with care to ensure our patients satisfaction.

## OUR TEAM SPOTLIGHT

### **Valerie Zinola** - Registered Dental Hygienist

Ask anyone who knows Valerie to describe the kind of person that she is and you hear very similar words. Caring and compassionate always tops the list.

Valerie has wanted to be a hygienist since she was in high school and focused her education and work over the last 4 years on achieving that goal. She combines a gentle touch with a thorough eye for detail in making sure that patients are receiving the best care possible. Recently she has started wearing special magnifying optics during her cleanings to even further improve her ability to remove staining, tartar and improve patients oral health. Using mod-

els, audiovisual aids, and demonstration she spends time at each visit reviewing oral hygiene to help patients improve their oral health.

Valerie grew up in the Sierra foothill town of Grass Valley and came 'down the hill' to attend hygiene school and start her dental career. Now, Valerie and her family live here in Lincoln. Together with her husband Chasin, they are enjoying the joys and challenges of raising their 9 month old daughter, Makena. She has learned how to crawl and stand, so walking is just a step away!



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*General and Esthetic Dentistry*



## IMPLANT-SUPPORTED DENTURES

A full denture can be difficult for many patients to wear and get used to. Sore spots and difficulty chewing are caused when a denture moves around in the mouth. Over time the dental ridges required to support a denture will shrink, creating a growing problem keeping dentures in place. A decrease in the ability to chew and taste food are common complaints about complete dentures.

Since dental implants have become more commonplace, we have seen dramatic improvements for patients who have elected to use them to support their dentures. Implants can be utilized to hold the denture in place and there is a major improvement in denture stability.

Lower dentures usually require two implants to properly hold them in place for normal function, one on each side. This will anchor the denture in place and can restore nearly 90% of chewing ability. Although implants are usually placed for lower dentures, implants can also be placed to improve the function of upper dentures. The entire acrylic palate can then be removed from the upper denture,



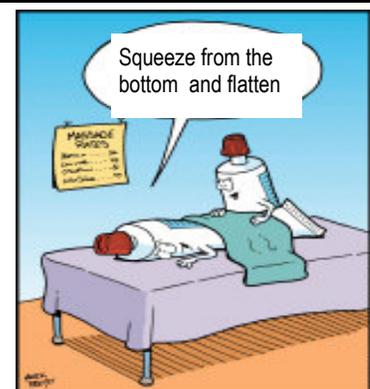
improving the ability of denture wearers to taste and feel their food.

Dr. Denzler is experienced in implant restoration and denture fabrication and works with his wife, a periodontist, who specializes in dental implants. This collaboration ensures a successful and high quality process. Patients are often concerned about the cost of dental implants, but we make every attempt to have the benefit far outweigh the cost. If you think that you could benefit from increasing support for your denture, maintaining a healthier diet, or improving your eating experience then dental implants could be for you.

### President's Day Trivia

**George Washington** - our first President, had several sets of dentures that were made of ivory. His teeth were not made of wood!

**Abraham Lincoln**, in 1862, developed a severe toothache and consulted a local dentist to pull the tooth, Lincoln asked him to wait. Lincoln "took a container of chloroform from his pocket, inhaled it deeply, and sleepily gave the signal for the dentist to proceed".



## Our Request to Our Patients

We are an office that welcomes new patients. If you have been satisfied with your care at Denzler Family Dentistry, please tell your family and friends. Word of mouth is how we wish to attract new patients to our practice. If they are anything like you, then we will be thrilled to welcome them to our office. Thank you!