

# CONFIDENT SMILE

Achieve a natural smile with implants designed to look, feel, and function like real teeth.

Speak with your Delta Dental Care dentist to see if this solution suits you.

## GUIDE TO DENTAL IMPLANTS

Everything You Need to Know About Dental Implants



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*Tooth replacement isn't simply cosmetic — it's essential for function, health, and confidence.*

# ABOUT DELTA DENTAL CARE

Considering implants is an important decision — and at **Delta Dental Care**, we're here to guide you every step of the way with clarity, expertise, and reassurance.

Our team combines advanced clinical knowledge with a personalised, supportive approach to help you restore both your smile and your confidence.

In this brochure, you'll find everything you need to know: your treatment options, the benefits, and what to expect at each stage of the process. We understand that every patient's journey is unique — and our goal is to help you make the choice that's right for you.

On behalf of all of us at Delta Dental Care, thank you for placing your trust in us.

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Dentistry evolves with innovation,  
and implants have redefined  
what's possible in restoring smiles.

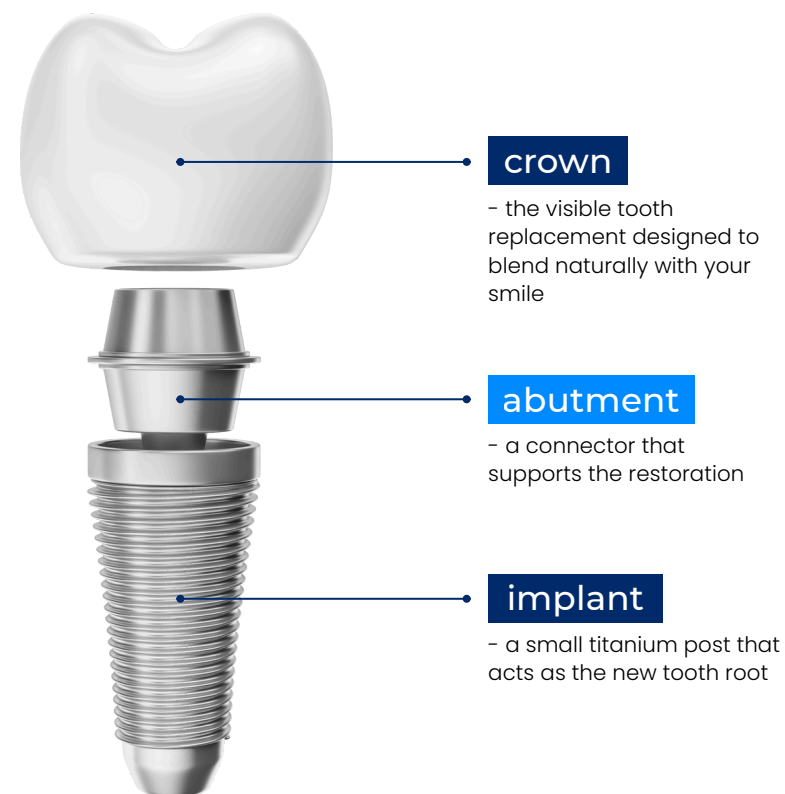
Your teeth directly influence your comfort, confidence, and overall quality of life. Pain, damage, or missing teeth can cause daily challenges and affect how you feel about your smile. Life is too short to live with these concerns.

Dentures have long been a common solution, but they can come with limitations over time. Today, implants provide a secure, lasting alternative with a proven 96% success rate — offering both function and confidence that truly lasts.

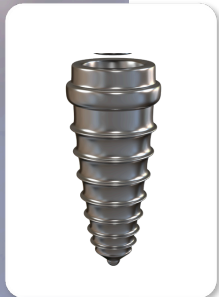


# What is a Dental Implant?

A **dental implant** is a modern, long-lasting solution for replacing missing teeth. Whether you need to replace a single tooth or restore an entire arch, this treatment offers a versatile and dependable way to rebuild both your smile and your oral health.

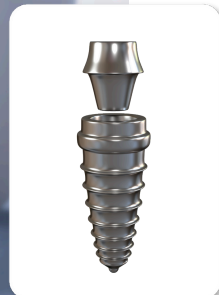


# Dental Implant Structure



## Dental Implant

A small titanium post is placed into the jawbone, acting as the root for your replacement tooth. Implants come in different sizes to suit the quality and availability of bone, ensuring a stable foundation.



## Abutment

The abutment, made from ceramic or titanium, connects the implant to the visible tooth. It provides strength and stability while being carefully selected or custom-made to match the shape and position of your implant for a natural result.



## Crown

Once the implant and abutment are in place, your custom restoration is attached:

- Crown – replaces a single tooth
- Bridge – replaces missing teeth
- Overdenture – replaces all teeth

# Who is this for?

*Dental implants are a reliable option for most healthy adults. However, a few considerations apply.*



## AGE

Implants are best placed once the jawbone has fully developed, which makes them unsuitable for younger patients.



## LIFESTYLE

Habits such as smoking or excessive alcohol can interfere with healing and reduce long-term implant success.



## ORAL HEALTH

Strong oral health and overall wellbeing are essential to achieve stable, lasting results with implants.




# Types of Dental Implant

Every smile is unique – we help you choose the solution that suits you best.



## Single or Multiple Implants


A single implant replaces one missing tooth with a titanium post and crown, while multiple implants can replace several teeth individually. Both options provide a stable, natural-looking solution to restore function and appearance.

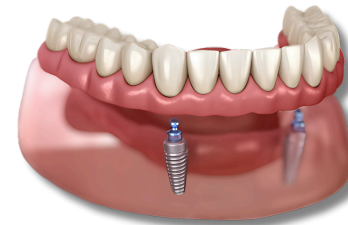
 *Ideal for patients missing one or several teeth who want a stable, natural-looking replacement.*



## Implant Bridges


An implant-supported bridge replaces several adjacent missing teeth using two or more implants for support. This approach avoids altering healthy neighbouring teeth, offering superior stability and a natural feel compared to traditional bridges.

 *Ideal for those missing several teeth in a row, seeking strength and stability without altering healthy teeth.*



## Implant-Retained Dentures


These removable dentures are anchored securely onto implants, creating a more comfortable and stable fit. They improve function, help preserve jawbone and facial structure, and allow you to eat, speak, and smile with greater confidence.

 *Ideal for patients needing to replace a full set of teeth with more comfort and security than traditional dentures.*



## Smile in a Day

This advanced procedure restores a full arch of teeth in just one day using only a few implants. It reduces the need for multiple surgeries, shortens recovery time, and allows patients to leave with a fully functional, natural-looking smile the same day.

 *Ideal for patients looking for a same-day solution to restore a complete arch with minimal surgery and downtime.*

# Benefits of Dental Implant



## 1 Convenience

With implants, there's no need for removal, soaking, or adhesives. They are cared for just like natural teeth, making them a low-maintenance solution for those who value time and simplicity.

## 2 Aesthetics & Function

Implants look, feel, and function like natural teeth. Because they fuse with the bone, they provide a fixed, permanent solution that also helps maintain facial structure.

## 3 Comfort

Unlike removable options, implants become part of your mouth's structure. They provide lasting comfort with no irritation or movement — so natural you'll forget they're even there.

## 4 Speech

Implants offer a secure foundation, allowing you to speak naturally and clearly in any setting. Confidence in conversation comes effortlessly.

## 5 Eating

Functioning like natural teeth, implants let you enjoy a full variety of foods without discomfort. Whether at home or dining out, you can bite and chew with ease.

## 6 Oral Health

Implants support healthier gums and do not require reducing neighbouring teeth, unlike bridges. They help maintain bite alignment, prevent further bone loss, and support long-term oral wellbeing.

## 7 Durability

Made from advanced, biocompatible materials, implants are designed to last for decades with proper care. They represent a reliable, long-term investment in both function and appearance.

## 8 Bone Preservation

Tooth loss can lead to bone shrinkage, subtly altering facial shape. Implants stimulate the jawbone, preserving volume and supporting a youthful, natural profile over time.


Together, these benefits make implants the most natural and reliable way to restore both your smile and your quality of life.




# Preparing for your Implant Treatment


Questions about your implant journey? Let's talk.

Email us at [reception@deltadentalcare.co.uk](mailto:reception@deltadentalcare.co.uk) or call us on 01162600887


 **DENTAL CONSULTATION**  
Meet with your dentist or oral surgeon to assess your oral health and confirm suitability for implants.

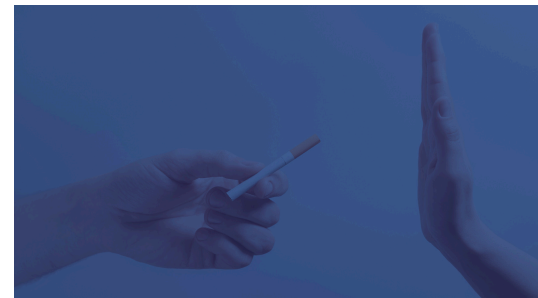
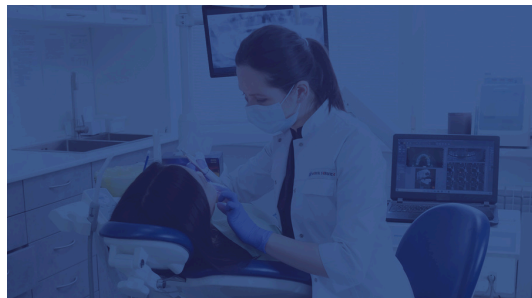
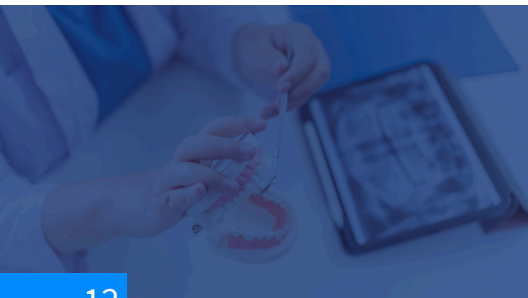
 **ORAL HEALTH CHECK**  
Address any existing concerns such as gum disease or cavities before surgery

 **MEDICAL REVIEW**  
Share your full medical history, including any medications or allergies, for safe and effective planning.

 **LIFESTYLE CONSIDERATION**  
If you smoke, it's recommended to stop ahead of treatment; follow any lifestyle advice to support healing.

 **TREATMENT PLANNING**  
Share your complete medical history, including medications and allergies, with your dentist.

 **PRE-OPERATION GUIDANCE**  
Share your complete medical history, including medications and allergies, with your dentist.



# Your Dental Implant Journey



*Every smile is unique, and so is every treatment.*

*Here's what to expect throughout your dental implant journey – from your first consultation to your confident, lasting smile.*



## CONSULTATION & PLANNING

A comprehensive assessment, including digital imaging and 3D scans, is carried out to design a personalised treatment plan tailored to your needs.



## IMPLANT PLACEMENT

The titanium implant is carefully positioned into the jawbone under local anaesthesia, providing the foundation for your new tooth.



## HEALING & INTEGRATION

Over the following months, the implant naturally fuses with the bone, creating a strong, stable base for long-term support.



## ABUTMENT & CROWN PLACEMENT

Once healing is complete, a custom abutment and crown are securely fitted, completing your restoration with a natural look and feel.

From planning to restoration, we're with you every step of the way.

# How much is a Dental Implant?

After a comprehensive assessment by one of our experienced specialists, you'll receive a personalised treatment plan and a detailed cost estimate tailored to your needs.

Additional fees may apply depending on your individual case. These may include procedures such as:

- Tooth extraction
- Temporary tooth replacement
- CT scan for bone assessment
- Bone grafting or other techniques to rebuild missing bone

Implants placed in highly visible areas — such as the upper front teeth — often require more advanced planning and techniques to achieve a seamless, natural-looking result.



## Flexible Payment Options

Exceptional care should be within reach. At Delta Dental Care, we offer **interest-free financing** to make treatment more accessible.

Enjoy the freedom to spread the cost of your dental care into manageable monthly payments — with no compromise on quality, comfort, or confidence.



For a detailed estimate and personalised advice, please contact us to book your consultation.

Email as at [reception@deltadentalcare.co.uk](mailto:reception@deltadentalcare.co.uk) or call us on 01162600887.



# Dental Implant Aftercare Guidelines

Proper aftercare is essential to the long-term success of your dental implant. By following these guidelines, you'll support healthy healing, lasting comfort, and the continued strength of your new smile.



## 1. Follow Your Dentist's Instructions

After your procedure, you'll receive tailored guidance that may include dietary advice, oral care steps, and methods to manage minor discomfort. Follow these instructions carefully to ensure proper healing and minimise complications.



## 2. Maintain Excellent Oral Hygiene

Good daily hygiene is essential for long-term implant success. Brush and floss twice daily using tools recommended for implants, and use mouthwash if advised. Take extra care around the gumline and restoration to prevent infection and support healthy tissue.



## 3. Care for Your Implant Like a Natural Tooth

Clean around the implant and restoration just as you would your natural teeth. Use interdental brushes or specialised floss for implant care. Your dentist may occasionally remove the restoration for a professional deep clean, ensuring optimal health and appearance.



## 4. Attend Regular Follow-Ups

Routine visits allow your dentist to monitor healing, confirm implant stability, and identify early signs of concern. Consistent check-ups are key to maintaining the long-term success of your implant.

Dental implants are a lasting investment in your health and confidence. With proper care, regular check-ups, and good daily hygiene, your implant will stay strong and natural-looking for years — so you can enjoy your smile with confidence every day.

## IS THE DENTAL IMPLANT PROCEDURE PAINFUL?

Most patients experience minimal discomfort. Local anaesthesia is used during the procedure, with the option of dental sedation for added comfort. After treatment, any mild soreness is typically managed with over-the-counter pain relief. Your dentist will provide clear guidance on managing discomfort throughout the healing period.

## HOW LONG DOES THE ENTIRE DENTAL IMPLANT PROCES TAKE?

The full process generally takes between three to six months, depending on how long it takes for the implant to fuse with the bone (osseointegration). In cases where bone quality is excellent, this period may be shorter. If additional procedures such as bone grafting are needed, the treatment time may extend slightly to ensure long-term success.

## DO I NEED TO HAVE A HEALTHY MOUTH?

Yes. A healthy oral environment is essential for successful implant placement. Any issues such as gum disease, persistent bad breath, or loose teeth should be treated before surgery. This ensures a strong foundation and long-term stability for your implants.

## WHAT IF THERE ISN'T ENOUGH BONE FOR AN IMPLANT?

If bone loss has occurred, advanced techniques can help rebuild and strengthen the area before implant placement.

- Sinus augmentation increases bone height in the upper jaw by encouraging new bone growth near the sinus.
- Onlay grafting places bone from another area onto the deficient site, creating a stable foundation once healed.

## HOW LONG WILL MY DENTAL IMPLANTS LAST?

With proper care and regular maintenance, dental implants can last for many years – even a lifetime. Attending follow-up appointments and maintaining excellent oral hygiene are essential. Without consistent care, plaque buildup can lead to infection and implant failure.

## ARE THERE QUALITY DIFFERENCES IN DENTAL IMPLANTS BRANDS?

Yes. Implant systems differ in design, materials, and manufacturing quality – all of which affect their performance and longevity. The most trusted brands are backed by years of scientific research and clinical success, ensuring reliability and natural-looking results. At Delta Dental Care, we use evidence-based implant systems that meet the highest standards of safety, precision, and durability – giving you confidence that your smile is built to last.

## WHAT ARE THE RISKS ASSOCIATED WITH DENTAL IMPLANTS?

Although rare, risks may include pain, infection, swelling, or implant failure. In very rare cases, nerve damage or sinus issues may occur. Choosing an experienced clinician and following proper aftercare greatly minimises these risks. All potential risks will be discussed during your consent process.

## WHAT IF A DENTAL IMPLANT FAILS?

Implant failure is uncommon, with success rates exceeding 95%. In rare cases, an implant may not bond fully with the bone and could become loose. Each situation is assessed individually, and your dentist will discuss all available options if replacement is needed.

Have your questions been answered?  
Let us know, and we're here to assist you!

# Get to know Our Team



At **Delta Dental Care**, we believe that truly great dentistry isn't just about tools and treatments, it's about people. With a newly expanded team and fresh leadership, we bring together experience, empathy, and a shared vision: to provide exceptional care with a human touch.

Rooted in compassion, continuity, and clinical excellence, we're here to build lasting relationships, set the highest standards, and turn dental visits into something you'll no longer dread, maybe even look forward to. And yes, we still believe a good laugh can be the best medicine (right after the anaesthetic).



**Dr. Atul Laddha**  
Principal Dentist

With over 25 years of experience, Dr. Laddha leads with integrity, innovation, and warmth.

Known for his patient-first approach, he's dedicated to making every visit comfortable and reassuring.



**Sapna Laddha**  
Treatment Coordinator

Sapna ensures every detail of your care is smooth and personal.

With her background in healthcare management, she brings empathy and organisation to every patient experience.



**Dr. Lauren Griffin**  
General Dentist

A University of Newcastle graduate with advanced training in Conscious Sedation, Dr. Griffin specialises in helping nervous patients feel at ease. She's passionate about gentle, family-focused dentistry.



**Dr. Ayush Laddha**  
Dentist

Dr Ayush, a University of Dundee graduate, is dedicated to providing high-quality, evidence-based care with a focus on preventive and restorative dentistry for lasting oral health.



**Dr. Neil Tanna**  
Dentist

Neil provides a calm, clear, and confidence-building approach to dentistry.

His expertise includes implants, cosmetic and restorative treatments, and orthodontics.



**Dr. Prerna Vather**  
Dentist

Dr. Vather offers general and aesthetic dentistry, including Invisalign, fixed orthodontics, and composite bonding. Warm and approachable, she treats every patient like family.



**Hanan Khan**  
Dental Hygienist

Hanan focuses on preventive care and gum health, offering gentle yet thorough hygiene treatments to help patients maintain lasting oral wellness.



**Hamda Nazir**  
Dental Hygienist & Therapist

Hamda provides gentle, preventive care with a focus on gum health and patient comfort – helping every smile stay healthy and confident.



**Alison**  
Practice Manager

Alison ensures a seamless, stress-free patient journey. Her calm professionalism and attention to detail create a positive experience from start to finish.



**Jenny**  
Dental Nurse

A valued member of Delta Dental Care for over two decades, Jenny's experience and kindness help patients feel comfortable and cared for.

At Delta Dental Care, our team combines experience, compassion, and skill to provide outstanding care in a calm, welcoming environment.