

INTRODUCTION

to Swiss Quality Implantology

Strategic Implants are simply serving more

Available only in authorized Simpladent®-clinics



SIMPLADENT®

SIMPLADENT®



You can get this booklet only in a specialized dental clinic, where treatment providers have undergone a full training-curriculum and continuous re-training. The doctors dentists / surgeons have received full education especially for immediate loading treatments. Many of them have passed the exam for the "IF Clinical Master of Immediate Loading®" under control of the "International Implant Foundation", Munich, Germany.

They therefore know how to create a predictable, satisfying outcome, handle the devices safely, and keep them functional for many years. Nevertheless your full co-operation is necessary to reach and maintain treatment success.



“For me implantology starts where others gave up.”

Dr. Stefan Ihde

Dental implantology had started 60 and more years ago with careful trying, lots of doubts but with big hopes. Today it can reach virtually every patient all over the world.

Thanks to Strategic Implants the dental implant treatment has reached a new quality: “Immediate Loading Implantology”, a concept of treatment, which was brought to life by the German dentist Prof. Dr. Stefan Ihde. The concept has overcome all major problems which until today are still associated to traditional dental implantology.

When asked to define the advantages of the Simpladent®-concept which he invented, Prof. Dr. Stefan Ihde, has a simple answer: The procedure and the devices require almost no bone, the implants are immediately loadable, and they may be used even in those patients, who are due to general disease not eligible or at risk for other (conventional) dental implant procedures.

The results of his research have been published in a number of international patents and numerous publications, and many textbooks. Prof. Ihde is a well-known international speaker and member of several workgroups and international and national associations in the field of dental implantology. He supports practitioners world-wide through a web-based case-control system.

Prof. Dr. Stefan Ihde developed during almost 20 years of research a superior dental implant treatment technology and devices. With this technology even the most difficult cases are treated and intricate problems are solved fast, safely and effectively.

FACTS ABOUT PROF. IHDE ¹



- Creation of permanent fixed bridges on implants within max. 3 days since 1996
- clinical success of treatments are close to 100%,
- more than 25,000 successful implantations
- patients from more than 40 countries received treatment successfully and
- more than 1000 implantologists have been trained by Prof. Ihde until to date.
- 100% of the patients were treated immediately and without any bone grafting
- even medically compromised patients, such as diabetics or patients suffering from osteoporosis, as well as heavy smokers are treated with the same rate of success



Dr. Stefan Ihde during an on-site instruction for dentist in a clinic in central Europe

¹ see: www.ihde.com, www.boi.ch and www.implant.com for more information

QUESTIONS & ANSWERS FROM THE EXPERT

Q Is there anything new in dental implantology, what are the latest developments Prof. Ihde?

First of all I want to point out, that the old pattern of advanced and non-advanced countries in implantology is not valid any more. 10 or 15 years ago, western countries provided very advanced implantology, because they could afford better diagnostics, better operation rooms and better personnel. They also had more modern devices available.

This has changed dramatically. What actually is left, is, that these formerly “advanced” countries have dramatically higher costs.

Q Thank you for this general statement. Does this mean that wealthy patients do not have to travel to universities in Germany or Switzerland for treatment any more to get the best treatment?

Today patients all over the world can choose their doctors / dentists / surgeons themselves, they do not depend on referrals inside their national social security system and the internet is a valuable help for finding the best treatment providers. Also treatment providers get qualified information about technologies through the internet and they choose themselves, which technology they want to learn and apply.

The changes which I have mentioned do not only refer to the ranking of the countries, but also to shifts of knowledge inside a country. In former times Universities were the leading source of knowledge in many fields. At least in the field of dental implantology this leading position has shifted to private practitioners because they have much more real life experience.

Q So what exactly is “new” – in the worldwide comparison – in dental implantology?

Because patients today refuse bone augmentation, treatment providers, who apply modern technology without augmentations, started dominating the field.

For many years large bullet-shaped (root-form) implants were dominantly used. There was nothing else available. The disadvantage of these implants was that they required large amounts of bone and an infection-free site at the beginning of the treatment. Consequently the field of bone augmentation was invented and surgeons started to make enormous messes, while transplanting bones from the hip, the skull and even from animals and dead humans. This kind of treatment was for some time

(and is today in some countries) the mainstream and patients are suffering severely. The appearance of Strategic Implants changed the field dramatically: no more sinus-lifts were needed, no transplants, and no other type of augmentation. Of course the technology which was developed spreads. The advantages are enormous: risk groups such as diabetics can be treated and even heavy smokers and the best point is, that the treatment is possible in "immediate loading", i.e. without the long "healing-times" we had known in the past.

A treatment without bone augmentations and healing times not only saves at least 30% of the treatment costs, it also saves 98% of the treatment time: only a few days are required when a Strategic Implant® is used, compared to more than a year with the conventional technology. This technology will be available in more and more offices, it replaces today the historical concept of 2-stage Implantology. The "tipping point" has been reached in a number of countries already.

Q: How safe is dental implant treatment in an immediate loading protocol? Many dentists pretend that there are many complications – more than with the old technology?

I have to answer this question very often: of course there are many less complications, when dental implants for immediate loading are used and if they are immediately splinted.



Let us look for a moment at the field of orthopaedic surgery and traumatology, i.e. these are the fields dealing with fractured bone and joint replacements.

The reality is that the treatment provider in this field will always try to choose a treatment plan which works under immediate loading conditions. Typically broken limbs are fixed instantly and the patients are immediately able to return to some kind of function and it is exactly this function, which support the healing of the bone. **Everything else is unpredictable and dangerous.**

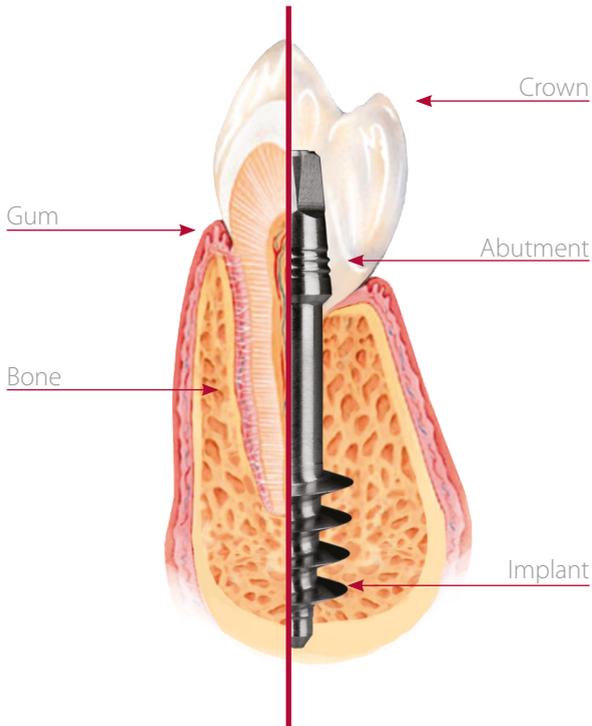
Typically broken limbs are fixed instantly and the patients are right away able to return to some kind of function.

The same is possible in dentistry with the help of a Strategic Implant® which we have used for many years: We apply the same surgical principles, and instead of mounting fracture plates or joints we simply fix bridges which carry your teeth.

Q: HOW DOES THE STRATEGIC IMPLANT® 2 WORK?

A Strategic Implant® uses the safe engagement in the cortical of the jaw bone.

Implants are the better “variant” of teeth. A Strategic Implant® exceeds the possibilities of teeth and of conventional 2-stage-implants.



The important difference and advantage:

Other than around teeth and conventional 2-stage-implants, a Strategic Implant® is virtually free of any infection.

2 These implants are the most advanced version of (former) basal implants, in a way a Strategic Implant® is replacing the technique of basal implantology.



DENTAL IMPLANTS – THE EFFECTIVE, FINAL SOLUTION

As long as enough stable teeth are present, we advise to place fixed bridges on teeth. Such constructions give long-lasting and beautiful results and the result is achieved quickly and comparatively cheaply. The experienced dentist will advise whether an implant or a bridge is the better solution.

Many patients do not wish to replace missing teeth with fixed bridges and they opt for implants right away. There are many cases when bone augmentations would be required for 2-stage-implants, and in such cases placement of bridges seems the easier and safer solution, especially if only one or two teeth are missing.

Dental implants – the modern way of dental prosthetics

With the loss of teeth there are changes in the appearance, the proportions of the face and the speech are connected. Teeth and bridges on the implants create the illusion of teeth also by supporting soft tissues, e.g. the lips and the cheeks. Removal of even a single tooth may entail a series of serious problems like the movement of the adjacent or opposite teeth. It can cause changes in the bite situation, lead to unnatural one-sided chewing, functional overload on teeth (with subsequent damages to mobility) and it can promote periodontal disease around the remaining teeth. It is necessary to fill up the defects in the dentition in a functional and stable manner. Removable dentures never fulfil this criteria.

Dental implants are the small “artificial roots” implanted into bone to replace lost roots. Implants are integrating in the bone and becoming a solid support for your new teeth. Strategic Implants are both osseointegrated immediately and they are osseointegrating over time. They can carry functional loads immediately.



HERE IS SOME MORE GENERAL INFORMATION ABOUT IMPLANTS

Q From what age can we use implants?

Even with favourable prognosis dental implantology does not recommend installing implants in patients with non-finished formation of the jaws and growth of the body. This state is reached usually at the age of 18-20 years. The upper age limit is not limited, the overall health condition is important and the quality of the jawbone. Bone under adequate function does not really “age”.

Q Can there be an allergic reaction to the implants?

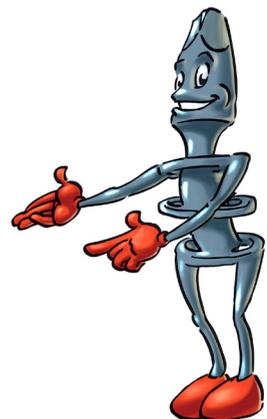
Dental implants have been used for more than 60 years. During this period, allergic reactions to titanium implants have been described but never proven. Titanium does not contain ingredients that cause allergies, it is absolutely neutral to the body. Of the materials used for the manufacturing of crowns and bridges, titanium (and its alloys) is the most compatible for the body. If they exist, then allergies against titanium and titanium alloys are extremely rare: many scientists claim, that there is no allergy at all. Often allergies are blamed for losses of dental implants. In most cases such patients can later receive other implants nevertheless. This shows that the allergy was not the reason for the first implant loss.

Q Can implants affect the work of a heart pacemaker?

No, implants do not produce an electro-magnetic effect. They cannot affect the work of your pacemaker under any circumstances.

Q When is the crown or bridge placed on the implants?

In the normal healing process for older 2-stage-implants the functional integration of the implant in the upper jaw occurs after about six months and in the lower jaw it takes approximately three months. Strategic Implants are however designed for the fast treatment protocol in immediate loading.



Q What is bone grafting (bone augmentation) and why is it needed?

For 2-stage-implants frequently an additional bone augmentation is required, before the actual implant placement can be done. The reason is that the implants are so (too) large and hardly fit in the patient's bone without such augmentation. This procedure is risky, increases the costs and it is time consuming. Except in rare cases this procedure is not necessary today. We have not done sinus lifts since 1997! It was not necessary.

Q Is general anaesthesia required for implant placement?

No. Local anaesthesia is sufficient for the operation. During the implant placement it is possible to feel the vibration of the drills, some pressure, but usually not more. Most of the patients have the same sensations as during the treatment of teeth. Some patients request mild tranquillizers, however this influences negatively their ability to drive themselves home on their own after the treatment.

Q Which sensations may occur after implantation?

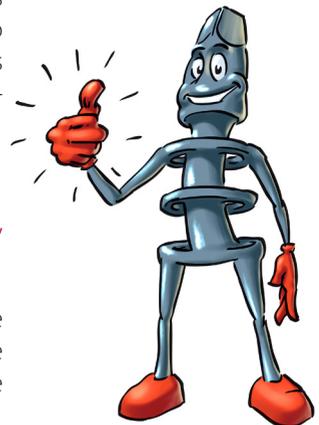
Pain is usually gone later on the day after the treatment. For several days some discomfort may be felt in the area of manipulation, as the gums must heal. Swelling may occur if teeth are extracted and flaps must be closed. Pain can be controlled by oral pain killers. Note that the gums of smoking patients show a delayed healing and they have more pain than non-smokers. The implant-success-rate of smokers is usually not lower

Q Are there any risks associated with the installation of implants?

Of course, like any other surgical procedure, implant placement is associated with certain risks. However, proper and thorough diagnosis, as well as strict following of the treatment protocol is helping to reduce the risk of complications to a minimum. General risks and individual risks may accumulate. Please inform the treatment provider about your complete medical background.

Q Will metal detectors respond to implants, for example, when checking in at the airport?

No. Implants are too small for the metal detector. Even if the metal reacts to the implant, you can go through a separate control specifically for the implant and the problem will be resolved.



Q Would it be possible in the future to replace dentures on implants?

Yes, if necessary, a dental prosthesis will be replaced (renewed). During the first six months after the placement of the implants such a replacement is not recommended as the implants at this stage are in the process of integration and should not be disturbed. You also may want to choose a different bridge material for the 2nd bridge.

Q How many years will the implants last?

It depends on the characteristics of the body, so to predict the duration of the treatment results are very difficult. With proper care, dental implants remain in their function from 15 to 25 years, however, this period is not the limit of their capabilities. Single implants may require replacement earlier.

LIFE WITH IMPLANTS

Q How to take care of the crowns and bridges and the implants?

It is simple to take care after implants and includes a daily oral hygiene by using a toothbrush (do not use toothpaste at implant sites) dental floss and mild mouth-washes. Particular attention should be paid to the care in the gaps between the gum and tooth. These areas are more prone to the accumulation of food.

Your own efforts for cleaning may be supported by professional cleaning. Note that Strategic Implants require almost no cleaning, since they are thin and polished and they are placed in a way, that the tongue can clean them automatically.

Q When will I be able to return to work?

In normal cases there is no reason to stay at home.

Q Can I play sports after implant placement?

In the early days after implant placement it is advisable to avoid physical activity because of the possibility of uncontrolled swelling. After a while you will be able to return to a normal way of life.



OUR SERVICE-PACKAGE FOR IMPLANTS AND BRIDGES

It is not possible to give any guarantee for medical procedures and predict that complications will not occur. Nevertheless this word is used often and of course patients request such a "guarantee".

Simpladent clinics have agreed on the following terms of co-operation with the patients:

- within 4 years from the initial treatments in case of any problem, free-of-charge therapy is provided by the original treatment provider
- this "guarantee" is valid if regular check-up appointments (which are necessary every 6 months or per individual advice) are kept reliably by the patient
- during the 4th year patients may sign up for a **service package** which will prolong the "guarantee" for 4 more years or more. The price for this includes the control appointments, radiographs and professional cleaning, as well as all the necessary service on the implants and bridges. The price for this service varies in different countries. Besides this Simpladent clinics in our group offer a free-of-charge service for emergencies.

THE SIMPLADENT SERVICE-PACKAGE WHICH IS AVAILABLE AFTER THE INITIAL PERIOD OF "GUARANTEE" EXCEEDS THE EXPECTATIONS OF THE PATIENT AND PROVIDES SECURITY.

THE FULL CO-OPERATION OF PATIENTS THROUGHOUT LIFE IS REQUIRED TO SECURE THE TREATMENT FOR SUCCESS.





MATERIALS USED FOR BRIDGES ON IMPLANTS

“Which kind of bridge should I have on my Strategic Implant®?”

The answer depends on the case: If teeth are extracted right before the placement of the implant (i.e. in the same treatment session), we recommend a metal-to-acrylic bridge, because the final gumline cannot be determined at this stage. In both jaws the level of the gums will change post-operatively. This is an ongoing process called “atrophy”, and most of it takes place within the first six months. This may cause problems with speech and also it can cause aesthetic problems. You may want to exchange the bridge for this reason, often such an exchange is part of the overall treatment plan.

The same applies to cases, where the bite position is not clear, i.e. if severely run-down dentitions are treated. In such cases a considerable amount of grinding and/or adding of material may be necessary on the bridges, to come to the final and convenient jaw fitting. These unavoidable adjustments are easier to do in metal-to-plastic bridges.

Later, for the 2nd restoration, it may make sense to invest in (more expensive) ceramic bridges or those from zirconium. Patients who had had their extractions done a long time before the implants are placed, may decide on a metal-to-ceramic bridge right away.

In general we do not recommend the use of metal-ceramics at all. The reason is that this material is unnaturally hard, it allows no adaptation, which means that your bones and joints will have to adapt over the years. Zirconium is even worse under this aspect. In modern implantology ceramic bridges are used less and less. At your special request this material may be used however. Fractures of ceramics or zirconium cannot be treated inside the mouth well. If such a fracture occurs, the bridge must be replaced in most cases, which will create additional costs.

Today very natural and long lasting acrylic teeth are available, they are easy to place and easy to repair and they are in a way “self-grinding”, i.e. they adjust to the environment and your joints will stay healthy. This is especially important on implants, because these devices are rigidly integrated in the bone. Teeth can yield a bit, implants never do this. Acrylic bridges can be repaired in the mouth in most cases.

IHDE DENTAL IMPLANT SYSTEMS

In the “Simpladent” Group of clinics we use only modern, patented Strategic Implant® and original parts, produced by “Dr. IhdeDental AG”, in Switzerland.

All implant systems manufactured by Dr. Ihde Dental (www.Implant.com) are developed based on the results of clinical experience and reflect the latest advances in dentistry, osseointegration, osseofixation and biomechanics. The high efficiency of this Swiss Technology is proven and successfully used in dental practices almost world-wide.

The system provides a wide range of implants and sizes that gives an opportunity for the doctor dentist / surgeon to find best solution even in the most difficult cases.

- the polished and modified surface of implants allows to eliminate almost completely risk of “peri-implantitis”, a dangerous infection around 2-stage implants
- at the same time the unique surface structure of the implants (No-Itis™) allows implant placement in extraction sockets even if teeth are extracted simultaneously and severe periodontal involvement is given
- the system of immediately loaded Strategic Implant® is a combination of lateral implants BOI® and elastic screw designs called Beces®. Thanks to these designs, implantologists do not depend any more on large amounts of bone in the jaws. Even severe cases of bone loss can be treated
- the lateral basal implant is placed from the lateral aspect of the jaw bone. It requires minimal bone height of just 3 mm!
- screwable basal implants are installed like a screw, often just puncturing (piercing) the gums. In most cases there is no need to make a flap, which makes the procedure minimally invasive, i.e. in most cases they are installed without any “real operation”

The implants are between 8 mm and 55 mm in length and between 3 mm and 12 mm in diameter, which means they are perfectly sized to fit the available bone that every patient has, thereby avoiding undesirable bone build-ups and especially “sinus-lift” procedures. This speeds up the treatment and makes it more affordable.



RECOMMENDATIONS FOR THE POST-OPERATIVE CARE

Although you may have soon forgotten that you have received implants, it is recommended to take care of the post-operative recovery and to fully obey these recommendations:

1. Avoid physical exercises and stress situations. Restrict sports. We remind you that the excessive loads are increasing the blood flow to the head, causing possible uncontrolled swelling, which may increase.
2. After implant placement in the upper jaw, do not blow into your nose (e.g. for cleaning). Avoid pressure in the nose and sinuses.
3. Refrain from visiting the sauna and swimming pool for 6 weeks.
4. During the first 2-3 days, before the teeth are fixed, eat only soft food. Discuss with the treatment provider if you will really need a temporary bridge for this short time. Gums heal faster if no temporaries are placed in the implants.
5. Avoid milk products such as yoghurt, Kefir and milkshakes, as well as hot and spicy food.
6. If swelling occurs: Inform your treatment provider and do lymphatic drainage 4/6 times per day as shown by your treatment provider.
7. Rinse the mouth with Betadine solution 1-5% (or other brands like: Povidone-Iodine) several times per day. Besides this clean the mouth simply by rinsing with water. The sutures are removed, usually on the 2nd - 3rd day after the operation.

BEHAVE HEALTHILY, DRINK ENOUGH LIQUIDS AND GET SUFFICIENT SLEEP!

The chances of survival for the properly installed Strategic Implant® is close to 99%. Our statistics show that the incidence of implant complaints are more than 20x higher if 2-stage implants (old technology) are used. This makes a big difference. For this reason more and more patients decide for Strategic Implant® designs.

According to our observation, rejection of implants is mainly associated with the patient's failure to follow the doctors / dentists / surgeon recommendations. Therefore, the mentioned recommendations should be followed scrupulously! You may receive additional recommendations based on your individual case.

HOW TO REACH US EASILY



Direct flight connections to Belgrade are available from:

- Vienna | Austria
- Frankfurt | Germany
- Munich | Germany
- Zurich | Switzerland
- Rome | Italy
- Milan | Italy
- Oslo | Norway
- Istanbul | Turkey
- Moscow | Russia
- Dubai | UAE
- Abu Dhabi | UAE
- Minsk | Belarus

You will reach our clinic by taxi from Belgrade airport within 20 minutes. The distance from the central bus station in Belgrade is 15 minutes to walk. We are happy to pick you up and we will arrange your accommodation in Belgrade.

Consultations and treatments are available in english, german and serbian language. Other languages upon request.





The Foundation of Knowledge

THE INTERNATIONAL IMPLANT FOUNDATION PROVIDES QUALIFIED EDUCATION FOR STRATEGIC IMPLANT® THERAPY

“The Foundation for Implantologist providing the Strategic Implant® therapy is an “elite club” and entering this club requires a large knowledge base in many fields of dentistry and traumatology. A university-exam (from any country) is not by far enough to master this technology”.

The IF-concept of education results from the fact that not every dentist or surgeon can start working with Strategic Implant®. Clinical practice has shown that the successful work in this field requires a complex training. Simpladent clinics demand from their medical staff this training as it is provided by the International Implant Foundation, Munich/Germany. When the technology is introduced into a clinic, not only the surgeon must be trained, but also the prosthetic dentist and the dental technician. Only if they work hand in hand and with the same concept are successful results possible!

The training of the doctors is done in several stages:

Stage I

The starting point in this process is to visit the theoretical seminar given by qualified IF-teachers. At these events, you can hear true and full information on how practising treatment providers are working (often they are also the owners of the clinics). At the seminar you will be introduced to modern and applicable treatment approaches, to the features and possibilities of the method, and you can discuss clinical cases from their own practice.

Stage II

The next and most interesting step is to visit the workshop (curriculum) with the participation of the founder of the methodology, Dr. Stefan Ihde and other IF-teachers. You will

learn details of bone physiology and biomechanics and how to apply your knowledge in your work as an implantologist. During this curriculum an important role is assigned to practical training in the installation of Strategic Implant® on phantom jaw bones. During this process, the doctor / dentist / surgeon is introduced with the instruments which he will be using during his future work.

Stage III

After the theory it is time to start with the practice! Simpladent organizes visits to other clinics, which are working with Strategic Implant®. You will be able to assist during the operations, watch the full sequence of treatment steps from the time of the initial consultation to when the patient happily leaves the clinic. Special courses for hands-on therapy are available in some countries. In these courses you can treat a large number of cases completely and under professional supervision.

Stage IV

After getting experience and a sufficient number of clinical cases are done, all practising surgeons are encouraged to write articles and submit cases in Power-Point-Presentations. These articles are published in the periodical medical journals, with the support of the International Implant Foundation.

Stage V

After fulfilling the requirements as set by the International Implant Foundation you may attend the exam to become an ***IF Master of Immediate Loading®***.

After passing all of these stages you are proud to be able to consider yourself a strategic implantologist, and most importantly - you'll be able to help those patients who are not helped by your colleagues in other clinics!

Treatment providers exchange their insights and experience with doctors / dentists / surgeons from other countries at the International Symposium for Strategic Implant®. For example: In 2014 about 300 doctors from CIS countries attended this symposium in Prague. At this event, they discussed innovative technologies.

Strategic Implant® therapy is constantly under development. Treatment providers of the Simpladent-group develop already the next generation of implants, they introduce new tools and new methods. In order to keep their knowledge up-to-date all treatment providers must attend training at least once a year for two days.





Clinic stamp

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