

## **How Dr. Janisse's New All-on-4<sup>®</sup> Teeth, Dental Implants, and Unbreakable Teeth<sup>™</sup> is Changing Lives in Woodstock, VT**

Dear Patient,

My name is Dr. Janisse and I practice dentistry here in Woodstock, VT. I feel so strongly about the benefits of implants in general and about the new, revolutionary All-on-4 procedure in particular, so I created this easy to understand overview to demonstrate the benefits of this latest advancement vs other options you may consider as a patient or may simply be reading about.

If you either wear a denture now, are losing your teeth or suffer from chronic dental breakdown (things like never ending tooth decay, constant tooth breakage, dental work not lasting, root canals that "never take," etc.), it is critically important to learn about implants and especially about the All-on-4 innovation. This new method of tooth replacement provides answers previously unavailable to patients with these problems.

I will inform you of the pros and cons of traditional dentures vs implants, as well as the best surgery techniques to choose from, such as immediate loading dental implants, All-on-4 dental implants, and the choice of now having *Unbreakable Teeth<sup>™</sup>*. Let's start with dentures vs implants before diving into the best implant options.

### **Traditional "Conventional" Dentures & Cosmetic Dentures**

Traditional dentures are "false teeth" that replace your missing teeth, and recreate the appearance of gums, once your real teeth have been or were extracted. These devices have been around since the 1700s and, even with updates, they've always had and continue to have serious chewing and comfort limitations. Dentures are a removable appliance. During the day time they remain in your mouth for food and smiles, and at night they soak. They can be manufactured in both complete and partial forms with the later meaning they replace some missing teeth.

There is a wide range of quality of dentures in both fit, finish, and life-like appearance. Even though denture technique and materials have improved in the last 15 years, most dentures being made by dentists, denturists, and denture only clinics use the same basic technology from the mid-1900's. Dental schools teach a technique dating from the 1950's and 60's. This means that few denture wearers have benefited from the improvements in this area.

The more forward thinking dentists in the profession realize that there is still a need for the cosmetic denture. In a moment, I'll describe one situation where an upper cosmetic

denture makes sense for some patients considering dental implants. Yes, the construction of a highly cosmetic denture is a dying art form. Fortunately, there is a tiny minority in the profession dedicated to ensuring that when a cosmetic denture makes sense it can be predictably made.

Complete dentures (whether for the upper or lower jaw) rest directly on your gums and bone and are supported via natural suction against the gum or via a denture “adhesive.” Adhesives are often used for upper and lower jaw dentures. The effectiveness of what most patients call this “goop” ranges from ‘sort of okay’ in keeping the denture from rocking to worthless. Partial dentures utilize metal clasps which help the partial remain in place. While clasps do help, alas, many patients still resort to adhesive with their partial with varying degrees of success.

The pain with both types of denture devices is that they actually can (and often do) hurt when pressing against tender gum and bone. They also get loose very quickly since the bone and gum beneath shrinks away with time. In the case of partials, teeth shift and tilt due to the pressures from the metal clasps. Dental textbooks are even finally acknowledging something that many of us observing partial dentures firsthand have understood for years. The metal clasps over time lead to more tooth loss. The clasps act like tiny dental instruments damaging teeth and ligaments leading to more extractions.

So, that’s the fit and comfort with dentures. What about chewing?

Well, while they impersonate teeth, they don’t provide much in the way of chewing pressure, as compared to natural teeth (or implants). No surprise here. After all, they are simply sitting on top of sensitive gum and bone tissue. There’s no anchoring.

Finally, the devices often cause gagging as it is something foreign in your mouth. The “gross factor” of the adhesive can also contribute to gagging.

When you look at all of these negative factors with traditional “conventional” partials and dentures, it’s no surprise that a lot of patients never do well with their device. Many get the devices and don’t even use them for chewing. A sizeable percentage will tell you the devices sit in a bathroom drawer.

Now, before you feel that there’s really no good use for any kind of denture, there is a bright spot with a well-made upper jaw cosmetic denture using the latest materials and technique. When a craftsman level cosmetic denture is used in the upper jaw *in combination* with several of the implant options we may discuss with you in person, this combination can and does work very well. In fact, millions of patients are using this combination as a permanent solution for missing teeth or as a much better 5-10 year solution before moving to dental implants in the upper jaw. The advantages to this route is that it provides a lower cost treatment option, provides reasonably good chewing when

combined with implant supported teeth in the lower jaw, and you can have outstanding dental cosmetics. As part of the “complete dental physical” exam discussed in your consultation packet, I will evaluate whether this may work for your particular situation as one of the options for you.

### **Conventional vs Immediate Dentures**

The method of getting fitted for dentures vary. *Conventional dentures* are fabricated several months after bad teeth are extracted. This is because your gums and jawbone requires time to heal, and during the healing process the tissues will continuously change shape. The fabrication of your dentures takes place only once your gums and jawbone have completely healed. This ensures that your dentures will fit as best they can, with the least amount of adjustments.

The other option is *immediate dentures* which are inserted in your mouth as soon as your teeth are extracted. In this scenario, your dentures will have been pre-fabricated by utilizing your jaw measurements which will have been taken on a previous visit. The big advantage here is that you will have your teeth right away. While that sounds great, it’s important to understand that immediate dentures are no “walk in the park.” There is routinely a lot of discomfort, rubbing, and pressure against delicate bone and gum. There will be the need for a lot of visits to relin or adjustment your dentures during the months following surgery.

It’s rare for an immediate denture to be useable beyond about a year since too much change happens with the bone and gum tissues receding and shrinking away. Because of this, roughly 9-12 months after surgery, the entire denture construction process has to be restarted.

### **Many Patients Have Been Avoiding Dentures – and For Good Reason!**

Many patients have wisely held onto teeth which are un-savable. In dental speak, we would say one has a “terminal dentition.” These patients hold onto teeth because they have either read about or know of others personally who have been through this process of getting dentures. Not only is the experience unpleasant at the beginning but there’s no guarantee that when everything is finished with the immediate denture process that life will be much better!!

Holding onto teeth, especially when chronic gum disease and inflammation is present, is ill advised from your whole body health. However, from a mental health perspective, I can find no fault in any patient’s thinking for holding onto their teeth at all costs because of what they (and I) know about traditional dentures.

***Until the All-on-4 implant procedure arrived, there was no good answer to eliminate the denture part of the treatment process for patients with terminal dentitions. I'm happy to have brought the New Teeth in One Day with All-on-4 implants to patients in Woodstock so that more patients who are in this situation can avoid dentures completely!***

Now, if you are wearing a denture, there is very good news here for you too. For most denture wearers, we have an All-on-4 answer that has you walking into the office in the morning, and walking out, a few hours later, with your teeth being firmly anchored to All-on-4 dental implants!

### **VERY IMPORTANT**

**If you have a terminal dentition and have a dental practice now.**

*Many dentists still recommend to patients with terminal dentitions to continue to hold onto their teeth at all costs because they are not aware that New Teeth in One Day with All-on-4 implants exist. Part of the reason behind writing this special report is to also help more dentists understand the changes that have been happening so they can update their recommendations. If your teeth are "terminal" and you have a dental office still recommending this "at any cost" approach, please realize that while they are well-meaning, they simply aren't as well-versed in this important advancement for patients in your situation. While they will continue to be a great practice for those with healthy teeth or basic problems, it's better for you to seek out an expert in this specific area in dentistry. It's even okay to have your implant care completed with us and then return to their caring office for regular maintenance especially if you will be traveling a great distance to see me and my team.*

### **Dental Implants**

Implants stand in stark contrast to dentures because implants are non-removable. *Technically, an implant refers to medical grade titanium "post" inserted into jawbone that mimics the root of a real tooth and provides a foundation of support for teeth.* Titanium is a strong metal and it is a metal that "plays well" with our natural bone structure. It integrates (literally becomes fused) with bone, creating a rock solid anchor. This "integration" is so intimate and solid that your new implant (or All-on-4 implants) become the foundation under your new teeth that are as good as, or, in the case of **Unbreakable Teeth™**, even better than the originals.

## **Types of Implants**

Traditional dental implant can be completed in one or multiple stages. The *multi-stage dental implant procedure* allows the healing process to complete following any and all surgery before moving on to the tooth building phase. This method of dental implants came into existence in the late 1970's and early 1980's. The majority of average dentists still adhere to this course even though newer and faster options, like All-on-4, are in many situations better, and even less costly compared to the earlier technique.

With multi-stage treatment, sometimes the dentist recommends waiting after extractions to have the implants placed into the bone which means additional months in a denture. In other cases, the implants are placed when the extractions occur but, once again, many months go by with you wearing a denture which most patients find unpleasant.

The waiting period for having teeth attached to the implants with multi-stage treatment can range from 3-15 months. Once the healing process is complete, a second surgery occurs where gum tissue is removed, revealing the top of the implants. Then, something called an "abutment" (a fancy name for something that connects the teeth to the implants) is attached to the implant and the construction of teeth commences.

In contrast, a *single-stage dental implant* procedure only requires one surgery, and is the other main method employed with dental implant treatment. A second surgery is not required. Depending on knowledge of the dentist, the tooth construction phase may start the day of the first surgery or will commence after a few weeks. Either way, patients experiencing this type of implant treatment get teeth in weeks instead of months (or years!).

Now, if it sounds like the traditional method of dental implants takes more time and still involves considerable hassle, well, it does. Before single-stage procedures and the single stage whole mouth All-on-4 technique was developed, we simply didn't have other options. Most patients still found that the hassle was worth it because eventually the end result was solid teeth instead of dentures.

*Those of us with concerns about the toll that traditional multi-stage implant treatment takes on our patients quickly realized the power the All-on-4 single stage procedure provided and have adopted it so you can benefit too!*

## **Dental Implants Are the Better Choice**

Implants are widely viewed as the gold standard for tooth replacement. The benefits of dentures include being less costly and, at least after extractions, require no more surgery.

While implants do require surgery and they do cost more than dentures, the many advantages of implants make them the clear winners when it comes to choosing between these two options.

With the arrival of New Teeth in One Day with All-on-4 implants, the number of surgeries has been reduced and the total cost as compared to traditional multiple stage dental implants is less. Once we take these advantages into account with All-on-4, the scale tilts even more in the favor of teeth supported by dental implants.

The benefits of implants include:

- With newer materials such as **Unbreakable Teeth™**, the teeth are more natural looking as compared to traditional removable dentures which are “false” in appearance.
- The benefit of *not having to remove one’s teeth*. Dentures must be removed nightly or whenever painful which can also be during the day.
- **No slippage**. Dentures routinely slip or rock. Usually at the most inconvenient time in business or social settings!
- **No lost teeth**. Dentures can and do get misplaced, are lost, and break when dropped. Teeth supported with implants are always there.
- **Fewer food restrictions**. There are many food restrictions that denture wearers must adhere to. There are fewer restrictions with implants especially with **Unbreakable Teeth™**.
- **Tastier food**. Teeth with implants chew better and the food tends to taste better compared to when wearing dentures. A big part of taste is related to chewing so this comes as no surprise.
- **Stronger teeth**. With a new material called, **Unbreakable Teeth™**, your teeth supported by implants are unbreakable with everyday chewing. This material is harder than any natural tooth enamel or any type of traditional dental porcelain or even hardened ceramics or porcelains. **It’s the first time we’ve ever been able to say this about any material from which teeth are made!**
- **Feeling complete**. Denture wearers often report that they simply don’t feel complete or whole because of their missing teeth. Those with teeth supported by dental implants often say they feel complete again.
- **Less or no risk of breakage**. Dentures are fragile, and can break if dropped, unlike implants which remain fixed in the mouth.
- **No decay**. Partial dentures can and often lead to more tooth decay, unlike implants.
- **Less speech issues**. Dentures can often pose an impediment to eating and speaking, unlike implants.
- If you have an aversion to removable teeth, implants are the natural choice.

- **Longevity.** Properly cared for implants last for many years.

## **The New Teeth in One Day All-On-4 Procedure is Often the Absolute Best Choice for Implant Teeth**

Let us say that your mind is made up and you are seriously investigating dental implants or plan on getting implants. This could be because you hate your dentures, or perhaps you never wore dentures and realize that your teeth are “terminal” and you understand the benefits of implants. Either way, it is important to learn about the All-on-4 method of dental implants *especially as compared to* the multiple stage traditional method of dental implants.

To restore a full arch of teeth, in a standard implant surgery, *six, eight, or even ten* or more implants are required. As mentioned before, in many cases, these implants are placed with the multiple stage treatment approach.

Now, something I didn't go into previously when discussing multiple stage implant treatment is that ***often times this will include considerable bone grafting*** where artificial bone is put into your jaw to create more bone so that 6, 8, or 10 or more implants can be used.

The technical details on why this would be the case or be proposed by some dentists and why grafts are fast becoming a much less used concept for most implant patients are confusing. It's so confusing that even many dentists are unsure about the state of knowledge on this. With traditional, multi-stage, implant treatments we are looking at not only just more implants but also **more surgeries** due to the grafts. Anytime there is more of anything involved with a service it usually affects costs and this is no exception. More implants and more time and the grafts means more direct cost for these traditional procedures. Beyond the financial cost, there is more personal time cost involved which means additional time off from work or time away from other activities that are more enjoyable than additional drives into the dental office.

As a result of all of these things, the cost of the traditional approach is very high, and often out of reach for many patients.

Certainly the major big benefit of New Teeth in One Day with All-On-4 dental implants is that you skip the hassle of denture wear. Another major benefit is that because of the fact that only four implants are required, it is a lower cost option compared to the traditional multi-stage treatment (from 25-50% less!). Lastly, an under-appreciated

benefit is the fact that this treatment technique was developed in conjunction with Nobel Biocare, which is one of the most highly regarded names in the dental implant industry.

## **How does New Teeth in One Day with All-on-4 dental implants work?**

Here is a simple description of how our New Teeth in One Day with All-On-4 dental implants work. Two special types of implants are inserted vertically at the front of your dental arch, where your front teeth would have been located (or where “terminal” teeth are now located but will be removed as part of the procedure). Then, two more implants are inserted at a 45-degree angle, to the sides of the vertical implants. The special angulation and shape of the implants means that they are rigid (solid) at the time of surgery and as a result we can connect new teeth during the surgery. Because of the special design of the surgery itself, the special design of the four implants used, and the special angulation of the parts of the implants the teeth attach too, we have this ability to do something we previously only dreamed about.

- ✓ *One surgery*
- ✓ *Fewer implants*
- ✓ *Zero to minimal bone grafts*
- ✓ *Solid teeth on the day of surgery*

Because, we’ve reduced time and number of surgeries and use less material, the costs are also lower. With All-On-4, an entire arch of teeth can be fully supported on just four implants and it can be completed in as quickly as one day!

## **What should your New Teeth in One Day be made from?**

With the New Teeth in One Day with All-on-4 dental implants, you will ultimately have two sets of teeth. On the day of surgery and for up to six months you will have life-like resin teeth that are fixed (not removable) to your implants. We call these teeth *transitional teeth*. While the implants heal, it’s best to have a softer dental material to chew against so that excessive pressure won’t harm the healing process.

Beyond your transitional teeth, you will also have long-term teeth. There are a number of options when it comes to the construction of your long-term teeth.

Teeth materials can be one of the most confusing parts of dental implant treatment. Don’t worry. **When we talk in person and go over your specific options, we’ll eliminate all of the options that don’t make sense for your needs and situation.**

*The only types of teeth and materials that I recommend to my patients are the exact same ones I would recommend to my family members or consider for myself if in the same situation.*

Yes, there are a lot of dental materials for tooth construction. There is also a wide degree of differences in knowledge and understanding of what's best under specific conditions for patients in dental implants and for patients with natural teeth.

Implant teeth and tooth materials is another one of the most specialized areas in dentistry. Only a tiny percentage of dentists deal with dental implant teeth on a daily or weekly basis. Unless your dentist is a member of that group it's unlikely he or she will be keeping up with the science related to implant teeth and what's best. Once we are in the realm of All-on-4, it is an even tinier minority with the right information about what will work best for teeth designed to work well with your All-on-4 implants.

Before we get into the materials we often use with All-on-4, let's talk about the range of dental materials.

There are teeth being constructed from gold alloy or other types of non-precious alloys. These teeth are fantastic at chewing food and you won't need to worry about chipping. Cosmetically of course, they can be a disaster, since they are noticeable in most areas of the mouth. I've yet to find any patient who wants to be embarrassed every time they open their mouth and I expect you would be the same. For this reason alone, one rarely sees gold teeth these days (outside of a few hip hop artists!).

Because of the cosmetic downside to metal, porcelain is often fused on top of the metal for the creation of a more natural looking teeth. Porcelain offers a lifelike appearance *but* is very susceptible to chipping. It can also inflict damage when its biting surface goes against natural teeth enamel.

Beyond porcelain there is also a type of ceramic tooth which is harder than porcelain. Ceramics also have lifelike appearance but can still break even under every day chewing conditions.

Resin and plastics are often used to create implant teeth. They look very lifelike. Resin-made teeth are the most affordable of the bunch. Because of cost, many implant patients have permanent teeth made of resin with a strong titanium foundation (invisible to others!) sitting beneath the material to give it strength. Like other dental materials, resin teeth eventually wear down and can chip. However, repairing and replacing resin is far less costly and with less complexity and headache as compared to porcelain or ceramic materials. *Because of all these factors, it is a very good choice with many of our implant and All-on-4 implant patients.*

## **Are there any teeth that come with all the benefits but without the drawbacks?**

Yes. Enter Unbreakable Teeth™. For your reference, there is a separate enclosure in your patient consultation packet about this material.

This trademarked name refers to a kind of tooth which is constructed from Prettau or other proprietary Zirconia that is very strong. **In reality, it is much stronger than even the best human enamel.** And, as the name suggests, you won't need to worry about chipping or cracking. While the teeth are solid and have a high density, they retain the smoothness necessary to chew food with comfort and ease. It is important to realize that porcelain wears down natural tooth enamel. Unbreakable Teeth™ do not wear down natural teeth at all; no matter how many times you use them to chew against the enamel of natural teeth. Finally, the appearance is stunning. In fact, you may find that they look nicer on you compared to the teeth you were born with!

Due to all of the savings we've discussed related to the All-on-4 method of implants, Unbreakable Teeth™ are also less costly than the previous "standard" for dental implant teeth which were porcelain materials fused to precious metals. Considering that eventually these amazingly well made porcelain implant restorations have to be replaced due to fracture, the cost savings over decades is substantial.

Here are a few more technical details about Unbreakable Teeth™ should you care about such things. They are proven in university and research lab testing to be up to 11 times stronger than perfect human enamel when it comes to withstanding the stress of chewing. Porcelains, on the other hand, are either similar or less strong compared to perfect human enamel. Even the "strong" porcelains are at most 3.6 times the strength of perfect human enamel which still means they (the strongest porcelains) can still break under normal use.

When we look at Unbreakable Teeth's resistance to breakage, we find that it is up to 4 times tougher than the "strong" porcelains, up to 11 times tougher than traditional porcelain, and up to 12 times tougher than perfect human enamel.

Finally, when testing for hardness, Unbreakable Teeth™ are up to 2 times harder than the hardest ceramics or porcelains, and up to 5 times harder than perfect human enamel.

For patients where Unbreakable Teeth™ are a good match, this will be our recommendation for their long-term All-on-4 teeth.

## **Last Words**

Always remember that not everyone can choose from every option. In many situations, and hopefully in yours as well, we can utilize the quickest and least invasive form of surgery, the appropriate amount of implants and the best tooth construction. However,

there are many considerations that must be accounted for, and not everyone is suitable for every single kind of denture or implant.

*At your complete dental physical examination, I will gather all of the information both as it relates to what you express as your needs as well as the specific conditions of your teeth, bone, gums, jaws, and chewing musculature and come up with solutions that will get you to a better place.*

*Following that visit, we will meet and discuss casually and in understandable terms what will work best taking everything into consideration.*

I look forward to being at your service.

Dr. Jedidiah Janisse, Woodstock