

# 5 WAYS TO ACHIEVE SIMPLER, MORE ESTHETIC, IMPLANT RESTORATIONS

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*With each new advancement in materials and technology, dentistry aims to make the workflow a little easier and the restorations more esthetic and longer lasting. This goes for implant restorations which have traditionally been complex cases that present a bigger challenge for clinicians. Not so anymore. Check out these 5 ways to improve your efficiency and consistency when restoring dental implants.*

## 1. USE A SCREW-RETAINED SOLUTION

Porcelain-fused-to-metal implant restorations used to be the standard, but today screw-retained zirconia implant restorations offer a number of benefits. While PFM restorations can be designed for screw-retention, but they can exhibit limitations due to the metal showing through at the screw access hole. Additionally, when not screw-retained they must be cemented over an abutment chairside and are less retrievable than other material options.

Dr. Steven Glassman, who runs a boutique, fully-digital practice on New York's Upper West Side, notes that cement retained implant crowns could cause problems down the road. Cemented implant restorations can encounter problems such as a loosened abutment screw, and the only way to fix the problem was to completely remove the crown or drill a hole through it in order to access the abutment screw.

"If you weren't doing a screw-retained restoration, you would screw down an abutment (usually titanium), and then you would cement a crown on as if you were cementing a crown onto a natural tooth," says Dr. Holly Burns, a family dentist in Huntington,

New York. "But they don't recommend using a really strong cement, so sometimes those crowns do fall out. A screw-retained restoration is much more secure."

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SIMPL™ SR implant solution from Town & Country Dental Studios restorations come with the crown affixed to the patient-specific abutment designed to provide ideal support for the best clinical result. There's only one piece to place, and there is no concern about the crown loosening. Switching to a monolithic zirconia restoration with an access hole



"Screw retention makes it faster and easier"

for screw retention makes it faster and easier to place the crown and makes it simpler to remove the restoration should it need to be retrieved for any reason. Screw-retained implant restorations eliminate the need to use cement subgingivally and near margins, which can enhance healing and

reduce the risks of sensitivity and complications such as peri-implantitis. Additionally, the advent of angulated screw channels makes it possible to place screw-retained implant crowns in areas that were previously inaccessible.

"Yesterday, I was creating a treatment plan for a patient that had two four-unit bridges, all screw-retained, and we were going to make a third one across the rest of the arch," says Dr. Burns. "It was so easy for me to unscrew the restoration, take a pick-up impression, and send it back to the lab. I didn't have to get a hammer and tap it out. It is so nice to have screw-retained restorations. And I also don't have to worry about cement causing any bone loss or peri-implantitis. Screw-retained restorations are so easy to use. You don't have a jig to mess with when you're putting them in. They're just a no-brainer. They really are wonderful."

## 2. CHOOSE ZIRCONIA

"Years ago, we used PFM restorations, but now we use solid zirconia crowns, which are beautiful," says Dr. Burns. "They are milled from a single block of zirconia and completely tooth-colored which makes it simple to hide the screw hole with a bit of dental composite. Previously when we had a screw hole to cover in a PFM restoration, the metal substructure can show through and when it does, you can see a dark circle in the middle of the crown on the buccal occlusal surface. Even if it's in the back of the mouth where it doesn't get a lot of attention, it's still not pretty. When you put in a zirconia crown that is fused

to the titanium abutment, as with the SIMPL SR implant solution from Town & Country Dental Studios, the screw hole virtually disappears. It is beautiful."

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## 3. WORK WITH A QUALITY DENTAL LAB

A big part of the implant workflow is choosing an experienced partner in your dental lab. For many doctors, that partnership makes a big difference. It's important to work with a lab that provides a combination of quality, expertise, technology and customer service so you can work with a true partner who brings something to the team. A great

lab partner should be a knowledgeable sounding board when you have questions about material choices or restoration design considerations. Additionally, communicating with your lab should be easy to obtain quality answers to your questions and good advice when needed, whether the lab is down the street or across the country.

“You’re only as good as your lab is,” says Dr. Kevin Sheren, who has three practices in New York. “Whether it’s implant restorations or porcelain veneers, you want a lab that’s going to give you something that is esthetic and that fits the first time. By partnering with a lab that can provide that type of quality, it reduces stress and allows you to work better. You’re just a happier dentist.”

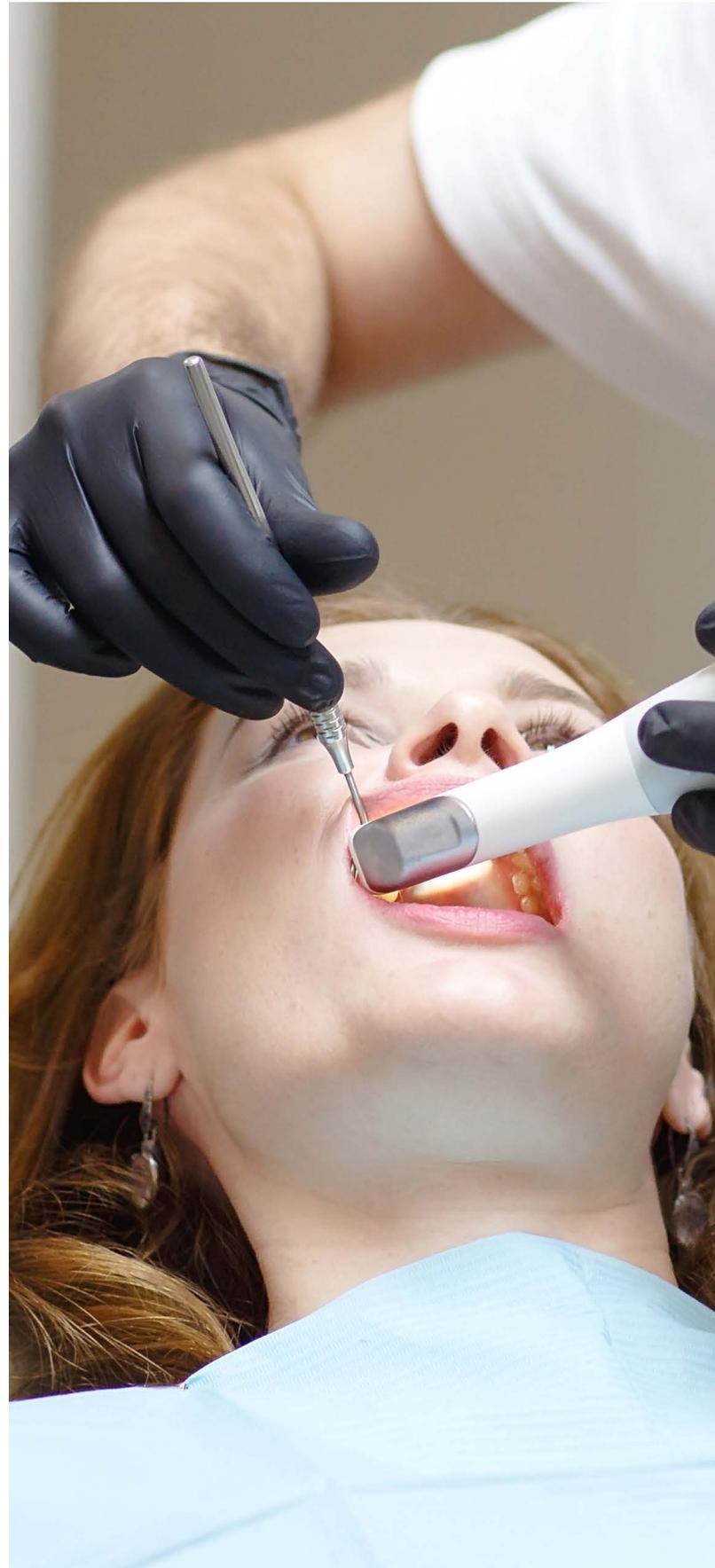
“If you’re a new dentist or haven’t done this kind of thing before, I would highly suggest going to a lab,” says Dr. Burns. “When I was first starting to do implants, I went to the lab, and played with all of the equipment with the lab technician. My lab, Town & Country Dental Studios, is great because they’ll sit down or speak with you if you’re not able to get to the lab and have all the resources to show you exactly what to do.”

## 4. GO DIGITAL

Dr. Glassman says his fully-digital practice, which includes an intraoral scanner, allows him to have a simpler workflow when it comes to restoring implant cases. By using digital technology, Dr. Glassman is able to capture digital impressions of his implant cases and send them directly to Town & Country Dental Studios where they use a digital, CAD/CAM process to restore the implant cases using an accurate and efficient modeless workflow.

“I place the implant-specific scanning abutment, verify proper placement with an X-ray, and have everything scanned by my assistant. With this digital impression we can reduce the turnaround time,” he says. “We can do it modeless in about a week.” He adds that most of the time he can remove the healing abutment without anesthesia and seat the restoration in less than five minutes with the emergence profile and the tissue response he and his patients expect.

While digital scanning can bring efficiencies to these cases, it is not a necessity. SIMPL SR implant restorations can be completed using traditional impression techniques where the physical impression or model is sent to the lab where they are scanned and this scan is used to begin the digital workflow.



## 5. PLAN AHEAD FOR CASE SUCCESS

Not every implant case is going to go according to plan, which makes the retrievable nature of screw-retained implant solutions more valuable to a practice and to its patients. But having a plan up front is very important and with digital dental systems, it's possible to plan the entire case starting with an optimal restoration and working backwards to design the ideal implant placement to support the crown including planning the ideal access hole location.

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"I like that screw-retained restorations are retrievable," Dr. Glassman adds. "With screw-retained solutions, we have the ability to remove the restoration, check the soft tissue, and put it back. We don't have crowns that come off anymore, or any cement issues. When you use it with guided surgery, especially on the anterior, you can have the

access holes positioned exactly where you want. Town & Country Dental Studios, who I've been working with for more than 20 years has always been ahead of the game. I get a great restoration for a good price. There are minimal adjustments and most of them go right in. Plus, SIMPL SR is affordable and esthetic. It's everything you want it to be."

When Dr. Sheren added an oral surgeon to his practice five years ago and volume of implants in his practice increased, he started looking for a simpler, more affordable, and high-quality restoration. He started using the SIMPL SR restoration at that time, and five years later, has seen no issues with them.

"One of the advantages of having an oral surgeon in my practice means we can offer them at an affordable price, so patients who may have been hesitant initially are now eager to have them done," he says. "It's so simple. I take an impression, give it to the lab, and get a beautiful restoration back for placement. As often as I can, probably 90 percent of the time, I do screw retained implants because clinical studies show higher success rates. I also know that I can go back in and retrieve the restoration if necessary. SIMPL SR has just been a fantastic system."





## BONUS TIP 1: SUBSTITUTE TEFLON TAPE FOR COTTON BALLS

“Years ago, we used to put a cotton ball over the screw hole to protect the screw hole and keep it free of composite material, but I have since learned that it’s better to use Teflon tape instead of cotton, which is an organic material,” says Dr. Burns. “When I pull out the Teflon tape, it’s clean. Once you tighten in the SIMPL SR restoration to final torque, you cover the screw hole with a piece of Teflon tape, then you cover it with a composite resin.”

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## BONUS TIP 2: SEATING APPOINTMENT BEST PRACTICES

When seating a screw-retained dental implant, the case design does a lot to simplify the process, but you can take some simple steps to add additional efficiencies. The process of simplifying seating should actually start with the initial case design. Pay attention to the interproximal contacts during the initial digital design and make necessary adjustments to ensure the contacts are parallel and provide an optimal path of insertion for seating the restoration.

Making interproximal contact adjustments in the beginning not only makes it easier for the abutment

and crown to drop right in, but also can eliminate food traps and other problems around the margins and interproximal areas. Another simple way to improve your implant case success rate is to torque the implant screw to the proper tension, and then wait a few minutes and see if it will torque a bit further. Implant screws often slide back a bit after initial tightening and this extra step can insure it is tightened the prescribed amount.

## ARE YOU LOOKING TO SIMPLIFY YOUR DENTAL IMPLANT RESTORATIONS?

*Consider placing SIMPL SR screw-retained restorations and working with a quality lab such as Town & Country Dental Studios.*

*Learn more at [www.tncdental.com](http://www.tncdental.com) or 1-800-925-8696.*

