



Smile Perfection

Get Your
Smile Back

Smile Perfection

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Introduction and Welcome

If you are reading this, you are probably dealing with something that affects your life every day. A missing tooth. A loose denture. Teeth that are breaking down. Pain when chewing. Or that quiet feeling of avoiding photos and smiling less than you used to.

At Smile Perfection, we understand that implant decisions are not only about teeth. They are about confidence, comfort, and being able to live normally again.

This guide was created to help you feel informed and in control before you make any decision. Dental implants can be a life-changing option, but the process can feel confusing at first. Patients often have the same questions:

- Will it hurt?
- Will it look natural?
- How long will it take?
- Am I even a candidate?
- What are my options besides dentures?
- How does the cost work and what are the payment options?

You deserve clear answers, in plain language, without pressure.

What this guide will help you do

By the end of this booklet, you will have a strong understanding of:

- What dental implants are and how they work
- The difference between single implants, bridges, implant-supported dentures, and full-arch options like All-on-4
- What determines candidacy, including bone and health factors
- What the implant process usually looks like from consultation to final teeth
- How recovery typically feels and how to care for implants long-term
- What affects long-term success and how we help reduce risks

The Smile Perfection approach

Our philosophy is simple: plan carefully, communicate clearly, and treat you like a person, not a case.

Your implant plan is customized to your goals, your health, and your anatomy. That is why the consultation matters. It is where we listen to what you want, evaluate your oral health, and determine the safest, most appropriate path forward.

A quick note before you begin

This guide is educational and is not a diagnosis. Every mouth is different, and the right plan depends on a clinical evaluation.

When you are ready, our team will help you take the next step with clarity and confidence.

About Smile Perfection

Smile Perfection is a modern dental practice in Livingston, New Jersey, led by **Dr. Cigdem Yilmaz Sastim, General Dentist**. We care for patients who want dentistry done with intention—carefully planned, clearly explained, and focused on long-term health.

Implant patients often come to us feeling unsure, frustrated, or overwhelmed—especially if they have been living with missing teeth, loose dentures, or teeth that keep breaking down. Our role is to make the process feel **clear, calm, and manageable**, starting with a consultation that is focused on your goals.

Our approach to implant care

We believe the best implant outcomes start with three things:

- **Listening first:** We take time to understand what you want—comfort, function, confidence, or a full smile transformation.
- **Careful planning:** Implant treatment should be planned, not rushed. When appropriate, we use advanced imaging (including 3D planning) to evaluate bone and create a predictable roadmap.
- **Honest guidance:** We focus on what is truly necessary and what will serve you long-term. If an implant is not the right next step, we will explain the alternatives.

What you can expect from your experience here

Patients tell us they value that we are:

- **Clear and transparent** about options and next steps
- **Gentle and patient** with anxiety or past bad dental experiences
- **Detail-oriented** in both the clinical plan and the aesthetics of the final smile
- **Supportive** with scheduling, questions, and follow-up care

Your first step: the implant consultation

Your consultation is where we evaluate your situation and determine the right direction—whether that's a **single implant, implant-supported bridge, implant-supported denture**, or **full-arch options** such as All-on-4/All-on-X (when appropriate). This visit is about **getting real answers**, not pressure.

About Dr. Chi

Dr. Cigdem Yilmaz Sastim (Dr. Chi) is a **New Jersey–licensed general dentist** who brings a rare blend of long-term clinical experience and meticulous planning to every case. Since opening **Smile Perfection**, her work has been dedicated to one goal: helping patients feel safe, informed, and genuinely excited about smiling again—without pressure, confusion, or surprises.

A background built for precision and comfort

Dr. Chi began her dental training with a **DDS from Istanbul University**, then completed a **periodontics residency at Marmara University**, where her training focused on the foundation that makes implant care successful—**gum health, supporting tissues, and implant-related treatment planning**. She later earned her **Doctor of Dental Medicine (DMD) from Rutgers University**. In New Jersey, she practices as a **general dentist**.

Implant-focused, detail-first dentistry

Implant care is never one-size-fits-all. What patients usually want most is:

- a clear plan (with options)
- honest expectations
- comfort during the process
- and a result that looks natural and feels secure.

Dr. Chi’s clinical experience includes **implant placements, implant-supported restorations**, and procedures that often support implant success—such as surgical extractions and gum-health–focused care when indicated.

And because implant dentistry keeps evolving, **Dr. Chi regularly pursues extended advanced implant training in the United States and internationally**, staying current with modern techniques, technology, and best practices—so patients can benefit from today’s standard of care, not yesterday’s.

What you’ll feel at your visit

At Smile Perfection, Dr. Chi is known for a calm, respectful style: she listens first, explains clearly, and helps you choose the option that fits your health, timeline, and comfort level. If you’re nervous, you’re not alone—and you’ll never be treated like just another case.

Is a Dental Implant Right for Me?

If you're asking this question, you're already taking the right first step. Most people don't consider implants "just because." They consider them because something is getting in the way of daily life—comfort, confidence, chewing, speaking, or simply feeling like themselves again.

A dental implant may be right for you if you relate to any of the situations below.

You're missing a tooth (or more) and you want a long-term solution.

A missing tooth is not only a cosmetic issue. Over time, the space can lead to shifting teeth, bite changes, and bone loss in the area. Many patients choose implants because they want a stable, natural-looking option that helps protect their smile long-term.

You're tired of a loose denture or don't want to rely on adhesives.

If your denture moves, rubs, clicks, or makes eating stressful, you're not alone. Implant-supported options can dramatically improve stability, comfort, and confidence—whether you want something that "snaps in" or a fixed full-arch solution for a more natural feel.

You have a tooth that keeps breaking down

Some teeth go through a cycle of large fillings, crowns, root canals, and repeated repairs. When a tooth can't be predictably saved, an implant can be a strong and reliable replacement. Your consultation is where we evaluate what's truly possible and what's best long-term.

You want to chew comfortably and enjoy food again.

Many patients don't realize how much they've adjusted their diet until they feel stable again. Implants can restore strong chewing function, making meals easier and more enjoyable.

You want a smile that looks natural—not bulky or "denture-like."

Modern implant restorations are designed to look and feel natural. Whether it's one tooth or a full smile, the goal is for your restoration to fit your face, your bite, and your confidence—not just "fill a space."

When implants may require extra planning

Even if implants are a great goal, some situations need careful planning first. That does not mean you're "not a candidate"—it simply means we create the right roadmap.

You may need extra planning if you:

- Smoke or vape

- Have diabetes or other medical conditions that affect healing
- Have gum disease that needs treatment first
- Have been missing teeth for a long time (possible bone loss)
- Grind or clench your teeth
- Take certain medications (we'll review this with you)

The most important truth

You do not need to figure this out alone.

The best way to know if implants are right for you is an **implant consultation** where we evaluate your goals, your oral health, and (when appropriate) your bone and anatomy with imaging. Then we can clearly explain your options—without pressure—and help you choose a plan that feels right.

If you want a stable smile that feels like you again, implants may be a great next step.

What Are Dental Implants?

A dental implant is one of the most natural-feeling ways to replace missing teeth.

Think of it like this: **a natural tooth has a root and a crown.**

When a tooth is missing, you don't just lose what you see—you also lose the root that supports the jawbone. A dental implant replaces that missing root, so your new tooth (or teeth) can be stable, comfortable, and built to last.

The simple definition

A **dental implant** is a small post—most commonly made of **titanium**—that is placed into the jawbone where a tooth is missing. Over time, the implant bonds with the bone in a natural process called **osseointegration**, creating a strong foundation for a replacement tooth.

The 3 main parts of an implant tooth

When patients say “implant,” they often mean the whole system:

- **The Implant (the post):**
The part placed into the jawbone that acts like the tooth root.
- **The Abutment (the connector):**
A small piece that attaches to the implant and connects it to the tooth above the gumline.
- **The Restoration (the visible tooth/teeth):**
This is what you see—custom-made to look natural:
 - **A crown** (for one missing tooth)
 - **A bridge** (to replace multiple teeth)
 - **A full-arch bridge** (for a full smile restoration such as All-on-4 / All-on-X)

Why implants feel different from other options

Dental implants are popular because they're designed to be:

- **Stable** — they don't rely on neighboring teeth the way a bridge does
- **Comfortable** — no slipping like a removable denture
- **Natural-looking** — restorations are matched to your smile
- **Supportive to the jawbone** — they help reduce bone loss in the missing-tooth area over time
- **Confidence restoring** — many patients say they stop “thinking about their teeth” again

A quick note about timing

Implants are usually completed in phases—planning, placement, healing, and then the final teeth. Some patients may qualify for temporary teeth during healing, but the correct approach depends on your specific situation and is confirmed at your consultation.

If you're missing a tooth—or you're tired of living around a denture—dental implants are often the option that helps people feel normal again.

Types of Implant Solutions

One of the best parts about dental implants is that they are not one-size-fits-all. Whether you are missing a single tooth or you are tired of managing a denture that never feels secure, there is usually an implant solution that can match your goals, comfort level, and lifestyle.

At your consultation, we focus on what matters most to you and then map out the safest, most predictable path forward. That planning-first approach is a big reason patients feel relieved after meeting with Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist.

In general, implant options fall into two categories:

- **Fixed (non-removable)** teeth that feel closest to natural teeth
- **Removable** teeth that come out for cleaning but feel dramatically more stable than a traditional denture

Below are the most common solutions we plan for patients.

Single Implant and Crown

Best for: One missing tooth (or a tooth that cannot be predictably saved)

A single implant replaces the missing root, and a custom crown replaces the visible tooth. Because the implant stands on its own, it can be a conservative option, without relying on neighboring teeth the way some bridges do.

Why patients choose it

- Feels and functions like a natural tooth
- Strong chewing support
- Designed to blend naturally into your smile

Good to know

- Timing depends on bone and healing
- Some cases may allow a temporary tooth during healing, while others do better with a short healing phase first. We confirm what is safest for you.

Implant-Supported Bridge

Best for: Several missing teeth in a row

Instead of replacing every missing tooth with its own implant, an implant-supported bridge uses strategically placed implants to support multiple teeth together. It can be a smart, efficient solution when you have a wider space to restore.

Why patients choose it

- Fixed, stable teeth (not removable)
- Restores chewing and appearance across a larger area
- Can reduce the number of implants needed compared to replacing each tooth individually

Good to know

- Cleaning is different than natural teeth, but it is simple once you have the right tools and routine. We will show you exactly what to do.
- The consultation helps determine how many implants are needed for proper support and long-term bite comfort.

Implant-Supported Denture (Snap-On)

Best for: Patients with dentures that feel loose, uncomfortable, or unreliable

This option looks like a traditional denture, but it snaps securely onto implants underneath. It is still removable for cleaning, but it feels far more stable for everyday life, eating, speaking, and laughing without worry.

Why patients choose it

- Major improvement in stability and confidence
- Easier eating and clearer speech compared with a loose denture
- A practical step for many patients before deciding on fully fixed teeth

Good to know

- The number of implants depends on your anatomy, bone support, and goals. Many plans use a small set of implants to create a strong, secure snap fit.
- You remove it to clean, but you do not have to worry about it floating or slipping like a traditional denture.

Full-Arch Fixed Teeth (All-on-4 / All-on-X)

Best for: Patients missing most or all teeth, or those with failing teeth who want a confident, stable, non-removable smile

Full-arch fixed teeth replace an entire upper or lower set of teeth using implants placed in strategic positions. The classic All-on-4 concept uses four implants, while All-on-X simply means the plan may use more than four implants when it is beneficial for strength, bite balance, or long-term support.

Why patients choose it

- Teeth that stay in place (not removable)
- Strong, confident chewing and speaking
- A natural-looking smile that feels like getting your life back

Good to know

- Some patients may qualify for a provisional (temporary) set of fixed teeth quickly while final teeth are made after healing. This depends on safety and clinical criteria confirmed at the consultation.
- Not everyone needs grafting. The goal is to plan the safest, most predictable approach based on your anatomy and long-term health.

A quick way to choose the right direction

If you are deciding where you fit, here is the simplest guide:

- Missing one tooth: **Single implant + crown**
- Missing a few teeth in one area: **Implant-supported bridge**
- Have dentures and want more stability (removable): **Snap-on implant denture**
- Want a full smile restoration that is fixed (non-removable): **All-on-4 / All-on-X full-arch fixed teeth**

And if you are not sure, perfect. That is what the implant consultation is for. We match the right solution to your needs and explain the why, so you can move forward with confidence.

At **Smile Perfection**, we keep the conversation clear and calm. Dr. Chi will help you compare options honestly and choose the plan that feels right for your health, timeline, and comfort level.

7 Common Misconceptions About Dental Implants

Dental implants have helped many people restore comfort and confidence—but because there’s so much “internet advice,” it’s normal to feel unsure. At **Smile Perfection**, we see the same concerns come up again and again, and **Dr. Chi** believes the best first step is simply **clear, pressure-free education**.

1) Misconception: Dental implants are extremely painful

Reality: Most patients are surprised by how manageable the process is. During treatment, we focus on keeping you comfortable and informed at every step. Afterward, soreness is typically temporary and handled with standard aftercare instructions. At Smile Perfection, Dr. Chi will review comfort options and what to expect based on *your* situation—so there are no scary surprises.

2) Misconception: Implants are only for older people

Reality: Age alone doesn’t decide candidacy. Adults of many ages choose implants after tooth loss from decay, injury, or failing dental work. What matters more is your overall health, gum health, and bone—things we evaluate carefully at your consultation with Dr. Chi.

3) Misconception: If I don’t have enough bone, I can’t get implants

Reality: Limited bone doesn’t automatically mean “no.” Many patients have options—such as bone support procedures or strategic implant planning—depending on what we see during evaluation. This is why the implant consultation at Smile Perfection is so valuable: Dr. Chi will explain what’s possible and what’s safest *for you*, based on real findings—not guesswork.

4) Misconception: Implants look fake or obvious

Reality: Modern implant restorations are designed to look natural. The goal is for your implant tooth or teeth to blend into your smile in a way that feels like *you*. At Smile Perfection, we prioritize a result that looks clean, balanced, and natural—not bulky or “denture-like.”

5) Misconception: I’ll be without teeth for a long time

Reality: Many plans include a temporary solution during healing, depending on your anatomy and what’s best long-term. During your consultation, Dr. Chi will explain the expected phases—so you understand the timeline and what you’ll have in the meantime.

6) Misconception: Dental implants always fail

Reality: Implants are a well-established option, and outcomes are strongest when treatment is planned carefully and maintained well. Certain factors—like smoking/vaping, uncontrolled

diabetes, active gum disease, or grinding—can increase risk. That’s why we focus on smart planning and clear follow-up guidance at Smile Perfection.

7) Misconception: Implants are “set it and forget it”

Reality: Implants are low-maintenance, but not no-maintenance. They still need daily home care and professional checkups—just like natural teeth. The good news is that it’s usually simple once you have the right routine, and our team will show you exactly how to protect your investment long-term.

The takeaway

Most implant anxiety comes from uncertainty. The consultation is where things become clear: what you need, what you don’t need, what options fit your goals, and what your next step should be.

Am I a Candidate for Dental Implants?

Most people assume implant candidacy is a simple yes or no. In real life, it's usually more like this:

Yes, implants are often possible — and the plan is customized to make them safe and predictable for you.

The purpose of your consultation is to answer three questions clearly:

- Is an implant a good option for your goals?
- What needs to happen first (if anything) to set you up for success?
- Which implant solution fits you best (single, bridge, snap-on, or full-arch)?

You may be a good candidate if you...

Implants work best when these basics are in place:

- **Healthy gums (or gums that can be treated first)**
Gum health matters because implants need a stable, healthy foundation.
- **Enough bone to support an implant**
Bone is evaluated clinically and often with imaging. If bone is limited, it doesn't automatically mean "no"—it often means we plan the right approach.
- **Good overall health for healing**
Many common conditions are compatible with implants, but we plan carefully around healing factors.
- **A commitment to maintenance**
Implants are not hard to maintain, but they do require daily home care and routine professional visits.

Factors that can affect candidacy (and how we plan around them)

These factors don't always rule you out—but they *do* affect planning:

- **Smoking or vaping**
Can increase risk of complications and slow healing. Many patients still pursue implants, but we discuss risk reduction.
- **Diabetes**
Well-controlled diabetes is often compatible with implants. Uncontrolled diabetes may increase healing risk, so we coordinate the safest timing.
- **History of gum disease**
If present, we typically stabilize gum health first. Many implant success stories begin with treating the gums properly.
- **Grinding or clenching (bruxism)**
This doesn't always prevent implants, but it can affect the design of the restoration and may require a nightguard.

- **Certain medications or medical history**
Some medications (especially those affecting bone metabolism) may require special evaluation. We'll review your health history privately and respectfully.
- **Time since tooth loss**
The longer a tooth has been missing, the more likely bone changes may have occurred. That's common—and planning accounts for it.

Signs you should schedule a consultation soon

If any of these apply, it's worth getting evaluated before things progress:

- You're missing a tooth and nearby teeth are shifting
- Your denture is loose, sore, or limiting what you eat
- You're avoiding chewing on one side
- You've been told "you might need implants" but never got a clear plan
- You have teeth that keep breaking down or feel like they're failing

The honest answer

You can't fully confirm candidacy from a phone call or a quick glance. The most accurate answer comes from a proper evaluation—often including imaging—to assess bone, gums, bite forces, and your goals.

At that visit, you should leave with:

- The best implant options for your situation
- A realistic timeline
- What to expect for comfort and healing
- A clear next step (even if that step is simply "let's stabilize X first")

What Are All-on-4 Dental Implants?

All-on-4 is a full-arch implant solution designed for people who are missing most (or all) teeth—or whose teeth are failing and need a fresh start. Instead of placing an implant for every missing tooth, this approach uses **four strategically placed implants** to support a **fixed, full-arch bridge** (a full set of teeth for the upper jaw, lower jaw, or both).

At **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist**, uses a planning-first approach to determine whether All-on-4 is appropriate for your situation—and if it isn't, you'll leave with the best alternative options and a clear roadmap.

The idea in plain language

If you've ever thought, *I don't want a loose denture... I want teeth that feel stable again*, All-on-4 is one of the solutions that can make that possible—because the teeth are **supported by implants**, not by suction or adhesives.

How it works (why the “4” matters)

All-on-4 typically uses:

- **Two implants placed in the front**
- **Two implants in the back that are often angled (up to about 45°)** to maximize support and help avoid certain anatomical areas

That strategic placement is part of what makes All-on-4 efficient for many patients—especially when bone has changed over time.

Why many patients are drawn to All-on-4

People often consider All-on-4 because it can offer:

- **A fixed (non-removable) set of teeth** that stays in place
- **Strong day-to-day stability** for chewing and speaking
- **A streamlined plan** compared with placing many individual implants
- In some cases, **reduced need for extensive grafting**, because the concept was developed to maximize available bone
- For patients who meet clinical criteria, it may be possible to receive **provisional (temporary) teeth the same day** (“teeth in a day” concept)

What All-on-4 is not

To keep expectations realistic (and protect your long-term result), it helps to know:

- It's **not** the same as a removable “snap-on” denture

- It's **not** one universal design for everyone (sometimes “All-on-X” with more than four implants is safer/stronger depending on bite forces and bone)
- Same-day temporary teeth are **not guaranteed**—they depend on your bone quality, stability at placement, bite, and other clinical factors

Who is it usually for?

All-on-4 is commonly explored by patients who:

- Have a denture and want something more stable
- Have many missing teeth and want a fixed solution
- Have teeth that are breaking down and want a comprehensive plan rather than repeated repairs
- Want a confident smile that feels secure in daily life

At your consultation, the goal is simple: determine whether All-on-4 (or another full-arch option) is the best match for your health, anatomy, and goals—and if so, map out a clear, step-by-step plan.

Am I a Candidate for All-on-4 Implants?

All-on-4 is a great option for the **right** patient—but the best results come from choosing it for the right reasons and planning it the right way. The goal of your consultation is to confirm whether All-on-4 is appropriate for your health, your bone, your bite, and your expectations—or whether a different full-arch plan (like **All-on-X**) would be a better fit.

You may be a good candidate for All-on-4 if you...

Many people who explore All-on-4 share one of these situations:

- **You're missing most or all teeth** in the upper jaw, lower jaw, or both
- **Your teeth are failing** (repeated breakdown, advanced wear, severe damage) and you want a fresh start
- **You have a denture** and want a more stable, confident solution
- You want teeth that feel **secure for daily life**—eating, speaking, smiling
- You're looking for a plan that is **streamlined and predictable** compared to replacing many teeth one by one

What matters most for candidacy

All-on-4 is not decided by one thing—it's a combination of factors:

Bone and anatomy

- Enough bone **in the right areas** to support implants safely
- Your jaw shape and key anatomical structures
- If bone is limited, you may still have options—but the plan might shift to **All-on-X** (more implants) or a staged approach

Gum health

- Healthy gums (or gums that can be treated first)
- If gum disease is active, stabilizing it first often improves long-term success

Bite forces and habits

- If you **grind or clench**, we plan around it (restoration design + often a nightguard recommendation)
- Strong bite forces can influence whether 4 implants are enough or whether **more support is smarter**

Overall health and healing factors

These don't automatically disqualify you—but they influence planning:

- **Smoking/vaping** (higher risk to healing and long-term stability)
- **Diabetes** (best outcomes when well controlled)
- Certain medications or medical history (we review this carefully and privately)

“Can I get teeth the same day?”

Some patients may qualify for **temporary teeth quickly**, but it depends on clinical factors like bone quality, implant stability, bite, and safety. The most important thing is not speed—it’s a stable foundation that lasts.

When All-on-4 may not be the best first choice

You might still be able to have full-arch implants, but All-on-4 may not be ideal if:

- Your bite forces suggest you need more support (**All-on-X**)
- Bone conditions indicate a staged plan would be safer
- Health factors need stabilization first (for better healing)

How we confirm candidacy

At **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist**, confirms candidacy through a thorough consultation that typically includes:

- A focused discussion of your goals and concerns
- An oral evaluation of gums, bite, and existing teeth/dentures
- Imaging as needed to evaluate bone and anatomy
- A clear explanation of your best options (including pros/cons)

The best outcome of your consultation

You should leave with clarity:

- Whether All-on-4 is right for you—or if another plan is better
- What your timeline typically looks like
- What you can expect during healing and the temporary phase
- Your next step (with no pressure)

What to Expect at Your Implant Consultation

Most implant anxiety comes from not knowing what's going to happen—or worrying you'll be pushed into a decision. Your implant consultation is the opposite of that. It's a **clarity visit**: we gather the right information, answer your questions honestly, and map out the safest path forward based on *your* goals.

Here's what you can expect.

1) A conversation first

We start by listening. You'll talk through what's bothering you and what you want to improve—whether it's:

- one missing tooth
- several missing teeth
- a loose denture
- teeth that keep breaking down
- a full-smile solution (All-on-4 / All-on-X)

We'll also ask what matters most to you: comfort, chewing, appearance, timeline, or simply feeling confident again.

2) A focused clinical evaluation

Next, we evaluate the health factors that actually determine your options:

- gum health
- bite and how you chew
- condition of any remaining teeth
- the area(s) where teeth are missing
- signs of infection or inflammation (if present)

3) Imaging and planning (often including 3D when appropriate)

Implants are about bone and anatomy—so imaging matters. Depending on your case, we may recommend **3D imaging** to evaluate bone volume, spacing, and anatomical structures. This is what turns “maybe” into a real plan.

4) A simple explanation of your best options

You'll leave knowing the difference between the options that apply to you, such as:

- single implant + crown
- implant-supported bridge

- snap-on implant denture
- full-arch fixed teeth (All-on-4 / All-on-X)

And you'll hear the reasoning in plain language—why one option fits better than another for your anatomy, bite, and goals.

5) A realistic timeline (with clear phases)

Implants usually happen in phases, and we'll explain what yours may look like:

- planning
- placement
- healing
- final teeth

If temporary teeth are a possibility in your situation, we'll explain what that could look like—without promising something that isn't clinically appropriate.

6) Your questions answered (this is encouraged)

Bring every question you've been holding back. Common ones include:

- Will I need an extraction or bone support first?
- What will I have while healing?
- How many visits are typical?
- How do I care for implants long-term?
- What could increase risks in my case?

7) Financial and payment conversation (after the clinical plan)

Once your treatment direction is confirmed, we can review:

- what the recommended plan includes
- typical categories of fees (without guessing before evaluation)
- financing/payment options that may be available
- insurance verification steps (when applicable)

8) A next step you feel good about

By the end, you should feel two things:

- **relief** (because the unknown becomes clear)
- **confidence** (because you have a plan—even if it's staged)

At **Smile Perfection, Dr. Chi** keeps the consultation focused on education and planning so you can make a decision comfortably and without pressure.

What to bring (helps us help you faster)

- Any prior X-rays/CBCT images (if you have them)
- Any previous treatment plan or quote (if you're comparing options)
- A list of medications
- Your questions (even the “embarrassing” ones—those are common)

If you're nervous

Tell us. Many implant patients have anxiety from past experiences. We'll go at a pace that feels manageable and explain each step before we do anything.

Realistic Expectations

Dental implants can be truly life-changing—but the best outcomes happen when expectations are clear from the beginning. This section is here to help you feel confident and prepared, without surprises.

Implants are a process, not a single appointment

Even when treatment feels straightforward, implants typically happen in phases:

- careful evaluation and planning
- implant placement
- healing and integration
- final teeth designed for comfort and long-term stability

That phased approach is what makes implants feel secure and predictable once complete.

Sometimes a staged plan is the safest plan

You may see advertisements that make implants sound instant. In real life, the safest plan depends on your:

- bone and anatomy
- gum health
- bite forces (including grinding/clenching)
- overall healing factors

In some cases, doing things in steps—rather than rushing—protects long-term success. A slower plan can actually be the faster way to a result that lasts.

Temporary teeth are sometimes possible, but not always appropriate

Many patients ask, Will I have teeth while healing?

Often, we can provide a temporary solution. But whether that temporary is fixed or removable depends on what is safest for your healing implants and bite. When we recommend a specific temporary option, it's because we're protecting the final result.

Implants require maintenance (simple, but important)

Implants don't get cavities, but the gums around them still need daily care and regular professional maintenance. The healthiest long-term outcomes come from:

- consistent home care
- professional cleanings and implant checkups
- early attention to any irritation or bite changes

Most maintenance is easy once you learn the routine—our team will guide you.

We won't rush steps that protect your long-term result

A beautiful smile is important—but stability and health come first. If something needs to be treated before implants (like inflammation, infection, or bite imbalance), we will explain it clearly and help you take the right next step.

At Smile Perfection, the goal is simple: a result that looks natural, feels secure, and holds up in real life.

The Dental Implant Process Step-by-Step

One reason patients feel nervous about implants is that they imagine it's one long, overwhelming procedure. In reality, implant treatment is usually a **planned sequence of steps**, designed to be safe, comfortable, and predictable—so you always know what comes next.

Below is the typical process. Your exact steps may vary based on your goals (single tooth vs. full arch), your bone, and your overall health.

Step 1: Consultation + planning

This is where everything becomes clear.

- We discuss what you want to fix and what “success” looks like for you
- We evaluate gums, bite, and the missing/failing tooth area
- Imaging is used as needed (often 3D for implant planning)
- You'll learn which implant solution fits you best (single, bridge, snap-on, full-arch fixed)

This is also where we identify if anything should be addressed first—like gum inflammation, an infection, or bite issues—so your implant has the best foundation.

Step 2: Prepare the site (only if needed)

Not everyone needs this step, but some patients do.

Examples include:

- **Tooth extraction** (if a tooth cannot be saved)
- **Bone support procedures** (if bone volume needs improvement)
- **Gum health stabilization** (if there's active gum disease)

Some cases allow implant placement at the same time as extraction. Some are safer as a staged plan. We choose the approach that best supports long-term success.

Step 3: Implant placement

This is the step where the implant post is placed into the jawbone.

What patients usually want to know:

- **How long does it take?** Depends on the number of implants and complexity.
- **Will I feel pain?** You'll be made comfortable, and afterward most patients describe manageable soreness.
- **Will I leave with a tooth?** Sometimes a temporary option is possible, depending on stability and your bite. We confirm that after evaluation.

At Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist, will explain what to expect for *your* exact situation before any procedure is scheduled.

Step 4: Healing and integration

This is the quiet but important phase.

Over time, the implant bonds with the bone (osseointegration). Healing time varies by patient and by the type of treatment, and we'll outline the expected range for you.

During this phase, you may have:

- a temporary tooth/teeth (when appropriate), or
- a comfortable interim solution while healing completes

Step 5: The connector (abutment) and final restoration

Once the implant is ready, we move to the part patients are most excited about—the final tooth/teeth.

- For a **single implant**, we place a **custom crown** that matches your smile
- For multiple teeth, we may place an **implant-supported bridge**
- For dentures/full arches, we place the planned **implant-supported denture** or **fixed full-arch bridge**

This step includes fine-tuning:

- bite comfort
- aesthetics (shape, shade, natural appearance)
- function (chewing, speaking)

Step 6: Maintenance and follow-up (protecting your investment)

Implants are designed to be durable, but they still need the right care.

We guide you on:

- home care routine (simple and realistic)
- professional maintenance schedule
- how to protect implants if you grind/clench (often with a nightguard)
- what symptoms should prompt a call (so small issues don't become big ones)

Two common “paths” (so you can picture it)

If you're replacing one tooth

Consult → (maybe extraction/bone support) → implant placement → healing → crown

If you're restoring a full arch (All-on-4 / All-on-X)

Consult → planning + imaging → implant placement → temporary/provisional phase (when appropriate) → healing → final full-arch teeth

Healing Timeline and What to Expect During Recovery

Most patients don't fear implants because of the treatment itself—they fear the unknown: *How will I feel? How long will it take? Will I be able to eat? What if something goes wrong?*

This section is here to make recovery feel predictable and manageable. Everyone heals differently, but there are common patterns we can prepare you for.

A simple way to understand the timeline

Implant treatment usually happens in **phases**:

1. **Placement** (implant is placed)
2. **Healing / integration** (bone bonds to the implant)
3. **Restoration** (final tooth/teeth are placed)

Your exact timeline depends on:

- bone quality and healing response
- whether extractions or bone support procedures are needed
- whether you're doing a single implant or full-arch treatment
- overall health factors (smoking/vaping, diabetes control, etc.)

What recovery typically feels like

The first 24–72 hours

This is usually the “peak” period for swelling and soreness.

Common and normal experiences

- mild to moderate soreness
- swelling (often more noticeable on day 2–3)
- minor bruising
- tenderness when chewing near the area

What helps most

- ice packs as directed
- soft foods
- taking medications exactly as instructed
- rest and keeping activity light

Most patients say this stage is **more manageable than expected**, especially when they follow instructions closely.

Days 4–7

This is where many patients start to feel like themselves again.

- swelling typically reduces
- discomfort improves daily
- normal routines return
- you may still prefer softer foods on the treated side

If stitches were placed, you may have a follow-up to check healing and remove sutures if needed.

Weeks 2–6

Healing continues quietly under the surface.

You’ll usually feel normal, but the implant is still integrating with the bone. During this time, it’s important to follow guidance about chewing forces and any temporary teeth.

If you have a temporary restoration, we’ll guide you on what foods to avoid so you don’t overload healing implants.

The integration phase (often a few months)

This is the “foundation-building” phase: the implant bonds with your jawbone.

It’s not usually painful—it’s simply time.

And it’s one of the main reasons implants feel so stable once complete.

What about “teeth the same day”?

Some patients may qualify for a temporary tooth/teeth quickly, especially in certain full-arch plans. But this depends on clinical factors such as:

- implant stability at placement
- bone quality
- bite forces
- safety for long-term success

The priority is always the same: **a result that lasts**, not a result that is rushed.

Eating during recovery (simple guidance)

Most patients do best by thinking in stages:

- **First few days:** soft foods (yogurt, eggs, soups, smoothies, pasta)
- **First couple weeks:** avoid hard/crunchy foods near the area
- **During healing:** follow your plan’s chewing guidance (especially if you have a temporary)

We’ll give you clear, personalized instructions based on your exact treatment.

When to call Smile Perfection

We want you to feel supported. Call us if you notice:

- swelling that worsens after several days instead of improving
- fever or unusual discharge
- severe pain that doesn’t improve with medication
- a temporary tooth or denture that suddenly feels unstable or is causing sores

- anything that simply doesn't feel right

It's always better to call early. Small adjustments early can prevent bigger problems later.

The bottom line

Most implant recovery is a **short, manageable period**, followed by a longer healing phase happening quietly in the background. Our job is to guide you through both phases with clear instructions, simple follow-ups, and a plan that fits your life.

Aftercare and Long-Term Maintenance

Dental implants are designed to feel stable and natural—and with the right care, they can serve you for many years. The good news is that implant care is **not complicated**. It's mostly about consistency: keeping the gums healthy, keeping the implant area clean, and protecting your bite.

This section explains what to do right after treatment and how to maintain implants long-term—so your investment stays strong.

Aftercare: the first days and weeks

The first 24–72 hours

Your main goals are: **control swelling, protect the site, and keep things clean.**

Do

- Follow all instructions exactly as given
- Take medications as directed
- Use ice packs (if recommended)
- Rest and keep activity light
- Eat soft foods and chew away from the area

Avoid

- Smoking or vaping (even short-term can interfere with healing)
- Straws or forceful spitting (can disrupt healing)
- Hard, crunchy, or sticky foods
- Touching the area with fingers or tongue

Oral hygiene during early healing

Cleaning matters—but gently.

- Brush the rest of your teeth normally
- Clean around the area as instructed (often gentle brushing + rinsing guidance)
- If you have stitches, follow the specific cleaning directions you receive

If you're ever unsure, call the office. Small guidance early makes recovery smoother.

Temporary teeth: how to protect your healing implant

If your plan includes temporary teeth during healing, you may be asked to avoid certain foods or chewing patterns. This is not about discomfort—it’s about protecting the implant while it integrates.

Think of healing implants like setting concrete: it’s strong later, but it needs protection early.

Long-term maintenance: keeping implants healthy for years

The biggest secret to implant longevity: healthy gums

Implants don’t get cavities, but the gums around them can become inflamed if plaque is left behind. Healthy gums are the key to long-term success.

Your routine should focus on:

- removing plaque daily
- cleaning where the tooth meets the gumline
- keeping professional maintenance consistent

Daily home care (simple and realistic)

Most implant patients do well with:

- **Brushing twice a day** with a soft brush
- **Cleaning between teeth daily** (floss, floss threaders, or special implant floss—depending on your restoration)
- **Water flosser** (many patients love it for implants and bridges)
- If you have full-arch fixed teeth, you may use tools like superfloss or interdental brushes—your team will show you exactly what works best for your design

The “best tool” is the one you will actually use consistently.

Professional maintenance (this is part of the plan)

Implants are not a one-and-done treatment. Professional care matters because we can clean areas you can’t fully reach and monitor the health of the implant and gums.

At your maintenance visits, we typically focus on:

- gum health around implants
- checking bite forces (very important)

- professional cleaning appropriate for implants
- monitoring stability over time

If you grind or clench

Grinding is one of the most common reasons implant restorations wear or chip over time. If you grind or clench, protecting your bite is part of protecting your implant.

That may include:

- a nightguard recommendation
- adjusting bite balance
- choosing the right materials for your case

Lifestyle factors that matter more than people think

Implant success is strongly linked to habits like:

- **smoking/vaping**
- inconsistent hygiene
- skipping maintenance visits
- uncontrolled diabetes

The goal isn't perfection—it's steady habits that keep your gums healthy.

Red flags: when to call us

Call Smile Perfection if you notice:

- bleeding when brushing around an implant that continues
- swelling or tenderness around the implant area
- a bad taste or discharge
- a crown/bridge that feels loose or your bite suddenly feels “off”
- persistent soreness when chewing

Early adjustments can prevent bigger problems.

The takeaway

Implants are meant to make life easier—not more complicated. With a simple routine at home and consistent professional maintenance, most patients enjoy stable, confident function for years.

Risks, Limitations, and Factors That Can Affect Success

Dental implants have helped many people restore comfort and confidence—but like any medical/dental procedure, they come with **realistic limits and risks**. The goal of this section isn't to worry you. It's to help you feel prepared, understand what matters most for long-term success, and know how we reduce risks through smart planning and maintenance.

The most important message

Most implant complications are **uncommon**, and when they do happen, they're often **manageable when caught early**.

Common risks (what can happen)

Short-term (around surgery)

These are the main risks discussed with implant surgery in general:

- **Infection at the implant site**
- **Injury to nearby structures** (like adjacent teeth, blood vessels, or nerves)
- **Numbness/tingling** if nerves are irritated (uncommon, but important to report)
- **Sinus-related issues** with some upper-jaw implants (rare, but part of proper planning)

Normal, expected side effects can include temporary soreness, swelling, and sometimes bruising—usually most noticeable in the first few days.

Long-term (after implants are restored)

- **Gum inflammation around implants** (peri-implant mucositis) can happen if plaque builds up—similar to gingivitis around natural teeth.
- **Peri-implantitis** is a more advanced inflammatory condition that can involve bone loss around an implant and needs professional treatment.
- **Wear or mechanical issues** can occur over time (for example, chipping of the restoration or bite-related stress), especially if someone clenches or grinds.

The biggest factors that affect implant success

These don't automatically mean you can't have implants—but they **change the planning** and the maintenance needed:

Smoking or vaping

Smoking reduces blood flow and can slow healing and increase risk of implant complications or failure.

History of gum disease

A history of periodontitis is a well-known risk factor for peri-implant inflammation if not controlled and maintained.

Inconsistent home care or skipping maintenance

Peri-implant diseases are strongly tied to plaque and inflammation—meaning daily hygiene and professional maintenance matter.

Uncontrolled diabetes or healing challenges

Diabetes and other systemic factors can affect healing and susceptibility to infection—especially when not well controlled.

Grinding/clenching (bruxism)

Not a deal-breaker, but it can increase stress on implant teeth. This often means we plan materials and bite balance carefully and may recommend a nightguard.

How we reduce risk (what good planning looks like)

At **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist**, reviews your health history, bite forces, gum health, and anatomy so the plan is built around *your* risk factors—not a generic template. This is also why imaging and clear aftercare instructions matter: they help prevent preventable problems.

When to call us sooner rather than later

Contact the office if you notice:

- swelling that worsens instead of improving after a few days
- fever or unusual discharge
- severe or increasing pain
- numbness/tingling that doesn't resolve
- a restoration that feels loose, or a bite that suddenly feels “off”

Early evaluation is usually simpler—and can prevent bigger issues.

Alternatives to Dental Implants

Dental implants are a popular option because they can feel stable and natural—but they are not the only way to replace missing teeth. Some patients choose alternatives because of timeline, budget, medical considerations, or personal preference.

This section will help you understand the main options, what they're best for, and the trade-offs—so you can make a decision that feels right for you.

Option 1: Do nothing (leave the space)

Best for: Some back teeth situations, or patients delaying treatment for personal reasons

Some people choose to wait. It can be okay short-term in certain cases, but it's important to understand what can happen over time:

- nearby teeth may shift into the space
- your bite can change
- the opposing tooth may drift (“super-erupt”)
- bone in the missing-tooth area may gradually shrink

If you're not ready for treatment now, it's still worth an evaluation so you know what “waiting” may mean in your specific case.

Option 2: Removable partial denture (“partial”)

Best for: Several missing teeth when you still have healthy natural teeth remaining

A partial is a removable appliance that replaces missing teeth and uses clasps or supports around existing teeth.

Pros

- usually more affordable upfront
- non-surgical
- can replace multiple teeth

Trade-offs

- removable (not fixed)
- can feel bulky at first

- may put stress on supporting teeth
- stability varies depending on fit and design

Option 3: Full denture (traditional removable denture)

Best for: Missing most or all teeth in an arch and wanting a non-surgical option

A denture can restore appearance and basic function, but it relies on fit, suction, and anatomy—especially on the lower arch where stability is often harder.

Pros

- non-surgical
- can replace a full arch
- restores smile appearance quickly

Trade-offs

- can move, rub, or feel unstable
- chewing certain foods may remain difficult
- bone can continue to change over time, affecting fit
- may require relines/adjustments

(If stability is your main concern, this is where implant-supported dentures or fixed full-arch options become worth discussing.)

Option 4: Dental bridge (fixed bridge)

Best for: One missing tooth (or a few) when the teeth on either side already need crowns

A traditional bridge uses the teeth next to the missing space as anchors, with a replacement tooth connected in between.

Pros

- fixed (doesn't come out)
- no implant surgery
- can look very natural

Trade-offs

- requires reshaping the neighboring teeth (even if they're healthy)

- doesn't replace the missing root in the bone
- may need replacement over time, depending on wear and hygiene

Option 5: Resin-bonded bridge (Maryland bridge)

Best for: Select front-tooth cases, often when minimal tooth alteration is preferred

This option uses “wings” bonded to the backs of adjacent teeth.

Pros

- conservative (less tooth reduction)
- can be a good interim solution in some situations

Trade-offs

- not ideal for heavy bite forces
- can debond in certain cases
- case selection matters a lot

Option 6: Temporary cosmetic solutions (short-term)

Best for: Patients who want something simple while planning a long-term option

Examples include:

- **flipper** (temporary removable tooth)
- **Essix retainer with a tooth** (clear removable retainer with a built-in tooth)

Pros

- quick, aesthetic improvement
- useful during planning/healing phases

Trade-offs

- not a strong chewing solution
- removable and more fragile
- meant as temporary support, not a final fix

How to choose the right option

If you want the simplest “decision guide,” here it is:

- Want **fixed teeth** and strong chewing, and you’re open to surgical options → implants often become the top discussion
- Want **non-surgical** and okay with removable → partial or denture
- Want **fixed** but prefer non-surgical, and neighboring teeth already need crowns → bridge
- Want a **short-term aesthetic fix** while planning → temporary options

At **Smile Perfection**, the goal of the consultation is not to push one option—it’s to help you understand what fits your mouth, your comfort, and your priorities, and then build a plan you feel confident starting.

Understanding Costs and Payment Options

It's completely normal to ask about cost early. Dental implants are a meaningful investment—and most patients want two things:

- a plan that truly fits their mouth (not a one-size-fits-all quote)
- a payment approach that feels comfortable month to month

Because implant care is customized, the most accurate numbers come **after your consultation**, once we confirm exactly what you need.

Why implant costs vary

Your total cost depends on factors such as:

- whether you're replacing **one tooth**, **several teeth**, or a **full arch**
- the type of solution (crown, bridge, snap-on denture, fixed full-arch teeth)
- whether any preparation is needed (like extractions or bone support)
- the design/materials needed for strength, comfort, and a natural look

The goal is not “more treatment.” The goal is the **right** treatment—planned carefully so it lasts.

Ways patients commonly move forward

Pay in phases

Implant treatment often happens in stages, and many patients prefer paying along the timeline (planning → placement → final teeth). This can make budgeting feel much easier.

Monthly financing (subject to approval)

To make treatment more manageable, we offer third-party financing options many patients choose:

Cherry

Payment plans can range from short-term interest-free options to longer terms (up to 60 months), depending on approval and the plan selected.

CareCredit

CareCredit offers promotional financing options at participating providers. Some promotions are **deferred interest**, meaning no interest is charged if the promotional balance is paid in full within the promo period; if not, interest may be charged from the purchase date.

(Your monthly payment depends on your total, promo length, and how you choose to pay—CareCredit also provides a payment calculator.)

Proceed Finance

Proceed offers longer-term loans for larger treatment plans, with terms **up to 12 years** for qualified applicants—often used for full-arch or larger cases.

Can monthly payments be around \$100?

In **some cases**, yes—depending on:

- your approval and APR
- the amount financed
- the term length selected

For example, Proceed’s provider examples show a \$5,000 plan could be around **\$104/month** on a 60-month term (example only; actual offers depend on the applicant). ([Proceed Finance](#))

The key takeaway: **we can often structure payments to feel more like a manageable monthly bill than one large upfront expense**, once your plan is confirmed.

How to apply (simple)

After your implant consultation (when we know the correct plan), you can apply online in minutes:

- Choose the financing option you prefer
- Complete the application
- Review available terms if approved
- Pick the monthly payment plan that fits your comfort level

At **Smile Perfection**, once **Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist** confirms your clinical plan, our team will walk you through these options clearly—so you can make a confident decision without pressure.

Your Smile Perfection financing links (copy/paste)

Cherry: https://pay.withcherry.com/smile-perfection-llc?utm_source=practice&utm_medium=website&m=53845

CareCredit: <https://go.carecredit.com/consumer/home?sitecode=CCCALDS2X>

Proceed: <https://www.proceedfinance.com/application/embed?referrer=6586dd70-562c-4b21-a121-4f34d7db8cc2>

Questions to Ask at Your Consultation

Most people walk into an implant consultation with a lot of thoughts... and then forget half of them in the chair. This section is here so you feel prepared, confident, and in control.

Bring these questions (or circle the ones that matter most). A good implant plan should feel clear—not confusing.

Questions about your diagnosis and options

- Based on my situation, what are my best options: single implant, bridge, snap-on, or fixed full-arch?
- Can the tooth/teeth be saved, or is replacement the better long-term path?
- If there are multiple options, what are the pros and cons of each for *my* bite and goals?
- What happens if I wait 6–12 months?

Questions about imaging, bone, and gum health

- Do I have enough bone for implants where I need them?
- If bone is limited, what are the options (bone support, staged approach, or different implant design)?
- Are my gums healthy enough right now, or do we need to treat inflammation first?
- Do I have signs of grinding/clenching that could affect the plan?

Questions about timeline and what you'll have while healing

- What is the typical timeline for my case from start to final teeth?
- Will I have a temporary tooth/teeth while healing? If yes, what will it look like and how will it function?
- How many visits should I expect?
- If this is full-arch: will I have a provisional (temporary) set of teeth, and when would finals be made?

Questions about comfort and recovery

- What should I expect for discomfort after placement?
- What will I be able to eat during the first week and first month?
- What are the most common recovery issues, and how do we prevent them?
- When can I return to work and normal activities?

Questions about long-term success and maintenance

- What could increase risks in my case (smoking/vaping, diabetes, gum history, grinding)?
- What maintenance will I need at home and in the office to protect the implants?
- How often should implant teeth be professionally checked and cleaned?
- If something chips or feels off in the future, what's the typical solution?

Questions about cost and payment options

- What exactly is included in the treatment plan you're recommending?
- Are there phases where I pay step-by-step?
- What payment options are available (Cherry, CareCredit, Proceed), and what term lengths are common for cases like mine?
- If there's a promo financing plan, what do I need to know to avoid surprise interest?

A helpful tip

If you're comparing offices, ask **the same questions** everywhere. The "right" office is the one that explains your options clearly, answers without rushing, and makes the plan feel safe and realistic.

At Smile Perfection, Dr. Chi will walk you through your options in plain language so you leave knowing exactly what the next step should be.

Frequently Asked Questions (FAQs)

(This section is general education — your exact answers depend on your exam, 3D imaging, and goals. At Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist, will personalize every recommendation.)

Getting Started

Do implants feel like real teeth?

For most patients, yes. Implants are designed to feel stable when you eat and speak. The visible part is a custom tooth (a crown or bridge) attached to the implant, and over time the implant becomes firmly supported by the bone.

How long does the whole process take?

It depends on your plan. Many patients feel back to normal quickly after placement, but the implant still needs time to fully integrate and become a strong foundation. That healing phase often takes a few months, and your exact timeline depends on the area being treated and whether your case is staged or includes temporary teeth.

Can I get an implant the same day as an extraction?

Sometimes, yes. It depends on things like infection, gum health, bone support, and bite forces. The safest answer comes from your exam and imaging. If same-day placement is appropriate, we'll explain why. If it's safer to stage the steps, we'll explain that too.

Do I need a referral?

Usually no. You can schedule directly.

What should I bring to my consultation?

Bring a list of medications, medical conditions, and allergies. If you have recent dental records or X-rays, those can be helpful—but if you don't, that's okay.

I have dental anxiety — can you help?

Yes. Many implant patients come in with anxiety, especially after past dental experiences. At **Smile Perfection**, we take a calm, step-by-step approach, explain everything before we do anything, and make sure you feel comfortable and respected throughout.

Candidacy and Health

Am I a candidate for dental implants?

Many adults are. The biggest factors are **bone support**, **gum health**, and any medical conditions that can affect healing. The goal of your consultation is to confirm what's realistic and safest for you.

What if I've been told I don't have enough bone?

That doesn't automatically mean "no." Some patients benefit from added support, while others can be treated with different implant approaches or full-arch solutions designed to make the most of the bone that's already there. Your exam and imaging help us choose the best path.

Do I need healthy gums first?

Healthy gums matter. When gums are inflamed, risks can increase over time—whether around natural teeth or implants. If gum health needs attention first, we'll guide you through that step so your implant foundation is as strong as possible.

What if I smoke or vape?

Smoking can increase the risk of healing complications and implant problems. Vaping may also affect gum and tissue health. If you're able to reduce or pause around treatment, it can meaningfully improve the odds of a smooth recovery and long-term success. We'll talk honestly about risk and how to reduce it.

What if I have diabetes?

Implants can still be possible, but diabetes—especially if it's not well controlled—can affect healing. The safest approach is good medical management and a treatment plan designed around your health needs.

I take blood thinners — can I still get implants?

Often yes. Many patients on blood thinners can safely receive dental treatment, but we plan carefully. **Dr. Chi** will review your medication list and coordinate with your physician when needed to protect your health and safety.

I'm pregnant — can I do implant treatment?

Implants are usually considered elective, so timing is individualized. Routine dental care is important during pregnancy, but for implant surgery, we typically recommend waiting unless there's an urgent reason to proceed. If treatment is needed, we'll coordinate carefully and prioritize safety.

I take osteoporosis medications (like bisphosphonates or denosumab) — is that a problem?

It doesn't automatically disqualify you, but it does require careful planning. Certain osteoporosis medications can be associated with a rare jawbone complication in specific situations. We'll review your medication history and, when appropriate, coordinate with your physician before moving forward.

Am I too old for implants?

Age alone usually isn't the deciding factor. Overall health, healing ability, gum condition, and bone support matter more than the number on your birthday.

At **Smile Perfection**, we keep this conversation straightforward and respectful. The goal is not to "sell" you on implants—it's to confirm what is safe, predictable, and truly right for you.

Pain, Comfort, and Safety

Does implant surgery hurt?

During the procedure, you're kept comfortable and the area is numb. Afterward, most patients describe it as soreness or pressure—not sharp pain—and it typically improves over the next few days. We'll give you clear instructions so you know what's normal and how to stay comfortable.

What are the risks of dental implant surgery?

Like any surgical procedure, implants come with potential risks. These can include infection, irritation of nearby structures, temporary numbness or tingling, and—in some upper jaw cases—sinus-related concerns. The good news is that careful planning and clear aftercare greatly reduce complications, and we take that planning seriously.

What warning signs should I call about?

Call us if you notice any of the following:

- swelling that gets worse after day 3 instead of better
 - fever
 - pus, a persistent bad taste, or unusual discharge
 - numbness or tingling that doesn't improve
 - severe pain that isn't improving
 - an implant or temporary tooth that suddenly feels loose
- If something feels off, it's always better to call early.

Can implants fail? What causes failure?

Yes, occasionally implants can fail. The most common reasons involve the implant not integrating as expected, inflammation or infection around the implant, smoking/vaping, uncontrolled medical factors that affect healing, or heavy grinding/clenching forces. At **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist** focuses on planning and risk reduction—so your treatment is built for long-term success, not just short-term speed.

Options: From a Single Tooth to a Full Arch

What's the difference between a bridge and an implant?

A traditional bridge replaces a missing tooth by using the neighboring teeth as anchors. An implant replaces the missing “root” and supports a crown on its own, without needing to rely on the adjacent teeth. The best choice depends on the health of the surrounding teeth, your bite, and your long-term goals.

What is an implant-supported bridge?

An implant-supported bridge replaces several missing teeth in a row using implants as the support. Instead of placing an implant for every missing tooth, we place implants in strategic positions and attach a bridge that restores the full space. It's a fixed option that can feel stable and natural when planned correctly.

What is an implant-retained denture (snap-on)?

A snap-on denture is a removable denture that securely attaches to implants underneath. The implants act like stable anchors, helping the denture stay in place so it feels much more confident for everyday eating, speaking, and smiling—without the “floating” feeling many people experience with traditional dentures.

How many implants are used for a snap-on denture?

It depends on your mouth, your bone support, and what you want the denture to feel like day to day. Some plans use a small number of implants to create a secure snap fit, while other plans use more implants for added stability and bite support. During your consultation at **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist** will recommend the number that makes the most sense for your anatomy and goals—and explain why in plain language.

Implant-supported overdenture vs. fixed teeth — which is better?

There isn't one “best” choice for everyone. The better option is the one that matches your lifestyle, comfort, and expectations.

- **Snap-on (removable) implant denture:** A great choice if you want a major stability upgrade from a traditional denture, while keeping the option to remove it for cleaning. Many patients find it a practical, comfortable step—especially if they want a simpler approach.
- **Fixed full-arch teeth (non-removable):** Often chosen by patients who want teeth that stay in place and feel closest to natural teeth in daily life. This option can feel more like a true “permanent teeth” experience, with a different cleaning routine and maintenance plan.

At Smile Perfection, we'll walk you through both options clearly—so you can choose what feels right, without pressure.

All-on-4 / All-on-X (Full-Arch Fixed Teeth)

What is All-on-4?

All-on-4 is a full-arch implant solution that replaces an entire upper or lower set of teeth using **four strategically placed implants**. These implants support a **fixed bridge** (teeth that stay in place and are not removable). The goal is to create strong support while making the most of the bone you already have.

What is All-on-X?

“All-on-X” simply means the plan uses **more than four implants** when it's beneficial for added strength, better bite balance, or long-term support. Some patients do best with four implants,

while others benefit from more—your anatomy and bite determine what’s safest and most predictable.

Do I get teeth the same day with All-on-4?

In many cases, a **temporary fixed set of teeth may be delivered the same day**—but only when clinical conditions make it safe. This depends on factors like bone quality, implant stability, bite forces, and overall treatment goals. If same-day temporary teeth are not appropriate, we’ll still make sure you have a clear plan for what you will wear during healing.

Is All-on-4 always “graftless”?

Not always. Many patients can avoid grafting, but some cases still need added support depending on bone volume, anatomy, and the type of result you want. The consultation is where we confirm what your foundation looks like and what approach will best protect your long-term outcome.

What maintenance do full-arch fixed bridges need?

Fixed teeth feel amazing in daily life, but they still require maintenance. You’ll need:

- **Daily cleaning under the bridge** (we show you simple tools and a routine)
- **Regular professional checkups and cleanings** to monitor gum health, bite balance, and the integrity of the bridge

Good maintenance is what helps full-arch teeth stay comfortable and strong over time.

Can full-arch bridges have complications over time?

Yes, it’s possible. Even when implants are stable, the bridge itself may need service over the years—things like normal wear, minor chipping, or adjustments if your bite changes. The good news is that most issues are manageable, especially when you stay consistent with maintenance visits.

At **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist** will help you understand whether All-on-4 or All-on-X fits your situation best—and what to expect at every stage so you feel confident moving forward.

Healing and Timeline

How long until the implant “fuses” to bone?

It varies based on your jaw, bone quality, and the type of treatment you’re having. In many cases, the implant needs a **few months** to fully integrate with the bone and become a strong, stable foundation. Some areas may heal faster, while others benefit from additional time—especially when the bone is softer or when a staged plan is safest. At your consultation, we’ll explain the expected timeline for *your* case in plain language.

When can I eat normally again?

Most patients start with **soft foods** right after treatment and gradually return to normal eating. The timing depends on your specific plan—whether your implant is being restored right away

with a temporary, or whether we are giving it time to heal first. We'll give you clear guidance on what to eat, what to avoid, and when it's safe to move back to your usual foods.

Will I have a temporary tooth?

Often, yes—especially when the missing tooth is visible when you smile. But it depends on your bite, the stability of the site, and the type of treatment. Some temporary teeth are designed mainly for appearance, while others can handle more function. At **Smile Perfection, Dr. Cigdem Yilmaz Sastim (Dr. Chi), General Dentist** will recommend the safest temporary option for you—so you feel confident during healing and protect the long-term result.

Maintenance and Long-Term Care

How do I clean implants?

Implants stay healthiest when they're kept clean every day—just like natural teeth. Most patients do well with:

- **Brushing twice daily** with a soft brush
- **Cleaning between teeth and around the gumline** every day (floss, floss threaders, interdental brushes, or a water flosser—depending on your restoration)
- **Regular maintenance visits** so we can professionally clean hard-to-reach areas and monitor gum health and bite balance

If you have a **full-arch fixed bridge**, cleaning under the bridge is especially important. We'll show you a simple routine and the right tools so it doesn't feel complicated.

What is peri-implant mucositis / peri-implantitis?

These are inflammatory conditions that can develop around implants if plaque and bacteria build up near the gumline.

- **Peri-implant mucositis** is inflammation of the gum tissue around an implant (often similar to early gingivitis).
- **Peri-implantitis** is a more advanced condition that can involve deeper inflammation and may affect the supporting bone.

The key is catching inflammation early, when it's easier to correct.

Can peri-implant disease be treated?

Often, yes—especially when it's identified early. Mild inflammation can frequently be improved with better home care, professional cleanings, and targeted instructions. More advanced cases may require a more involved treatment approach. The most important thing is not to ignore early signs like bleeding, swelling, tenderness, or a bad taste.

At **Smile Perfection**, we monitor implants closely over time and help you maintain a routine that protects your long-term results.

Practical “Real Life” Questions

Will implants set off airport metal detectors?

It’s unlikely. Most dental implants are made from titanium or titanium alloys, and they typically don’t trigger airport detectors. If you ever do get flagged, it’s usually for other reasons—so there’s no need to worry.

Are implants safe with MRI?

In most cases, yes. Dental implants are generally considered MRI-safe, but you should always tell the imaging team that you have implants (and any other dental work) so they can note it in your chart and follow their normal safety steps.

Can I play sports with implants?

Usually, yes. If you play contact sports, a mouthguard is a smart idea. And if you grind or clench, protecting your bite is especially important—because it helps protect both your implant teeth and your natural teeth over time.

Cost, insurance, and financing (no surprises)

Why do implant costs vary so much?

Because your plan depends on the number of teeth, bone/gum needs, whether you need extractions/grafting, and whether you choose removable vs fixed full-arch solutions.

Does insurance cover implants?

Coverage varies widely. Some plans help with parts of treatment (extractions, crowns, or dentures) and less with implants themselves. We verify what we can and explain clearly.

Can I pay in phases?

Often yes — many treatment plans naturally occur in stages.

Do you offer monthly payments?

Yes — third-party options are available (subject to approval), including **Cherry, CareCredit, and Proceed Finance**.

Can monthly payments be around \$100/month?

Sometimes, depending on approval, APR, amount financed, and term length. Proceed Finance publishes examples where certain loan amounts can be around ~\$101/month at longer terms (example-based; actual offers vary).

Is CareCredit “no interest” always truly no interest?

It depends on the promotion. CareCredit explains that with **deferred interest** promotions, you

pay no interest **if** you pay the promotional balance in full within the promo period; otherwise, accrued interest may be added retroactively.

How do I choose the right financing option?

We'll help you compare:

- monthly payment and total cost over time
- promo rules (especially for deferred-interest offers)
- term length (Proceed offers longer terms for larger cases, up to 12 years in some programs)

Questions People Forget to Ask (But Should)

What exactly is included in my plan?

Ask for a clear, item-by-item explanation so you know what you're saying yes to. A well-explained plan should include things like: planning/imaging, the surgical phase, temporary teeth (if applicable), final teeth, and follow-up visits.

Who do I call after hours if I have a concern?

You should leave knowing exactly how to reach the office if something feels urgent after a procedure. Having a clear contact plan gives peace of mind.

What if something chips or loosens later?

This is a smart question—especially for bridges and full-arch teeth. Just like anything that works hard every day, implant restorations can occasionally need maintenance over time (adjustments, tightening, repairing small chips, or addressing wear). Ask what typical long-term service looks like and how the office supports you down the road.

What makes an implant plan “safer”?

A safe implant plan is built on good information and good pacing: the right imaging and evaluation, realistic timelines, healthy gums, stable bite forces, and a clear maintenance plan. The best long-term results come from not rushing steps that protect stability and healing.

A gentle “Why Smile Perfection?” question

What should I expect from Smile Perfection during my implant journey?

A calm, clear experience from start to finish. You can expect honest options, a plan that's built around long-term stability, and a team that takes your concerns seriously. **Dr. Chi** will explain your choices in plain language, confirm what's appropriate for you with careful evaluation and imaging when needed, and guide you toward the solution that fits your health, timeline, and goals—without pressure.

Next Steps: Schedule Your Implant Consultation

If you've made it this far, you've already done the hardest part: you've moved from uncertainty to understanding. The next step is simple—and it's the step that gives you real answers.

What scheduling a consultation means (and what it does *not* mean)

An implant consultation is not a commitment to treatment. It's a commitment to clarity.

It means you'll finally know:

- what options truly fit your mouth and goals
- what your timeline could look like
- what you can expect for comfort and healing
- what the best “next step” is (even if it's staged)

How to schedule

You can schedule in whichever way is easiest:

- **Call us:** (973) 221-2131
- **Book online anytime:** smileperfection.org

What happens after you schedule

Once your visit is set, our team will:

- confirm your appointment details
- tell you what to bring (if anything)
- help you feel prepared so the visit is smooth and stress-free

If you're nervous — you're not alone

Many implant patients come in with anxiety, especially after past dental experiences. That's okay. We'll go at a pace that feels comfortable, explain everything before we do anything, and make sure you feel respected and heard.

A final thought

Your health, your comfort, and your confidence are worth investing in. The right plan can change how you eat, how you speak, and how you feel in everyday moments.

When you're ready, we're here.

Smile Perfection

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