

## Newsletter Spring 2014

### Orthodontics

We are pleased to announce the appointment of a **SPECIALIST ORTHODONTIST JUSTIN EVANS**. We have been looking for a consultant grade orthodontist to complement our existing specialities for over a year. Justin is a renowned clinician who has also published numerous academic papers. Justin was a co founder of the North Cardiff Orthodontic Centre which remains one of the foremost practices in Wales.

He has a fantastic chair side manner which puts his patients both young and old perfectly at ease. Justin and I hope to provide a service that will exceed expectation using multi systems that will best suit your patient. This can include LINGUAL, CLEAR CERAMICS or ALLIGNERS.

Many cases need a joint restorative and orthodontic approach which Justin and I will be happy to offer at a single consultation.

Referred patients will be made fully aware of their options, with a full and detailed report. This will be supplemented by a secondary consultation to discuss any issues that may concern your patient. Any orthodontic extractions or surgical exposure can be dealt with here at the Mayhill by our oral surgeon Dr Nirmal Patel.

Nirmal has now been appointed to a fulltime position at Bristol Dental School but will maintain his sessions at The Mayhill for oral surgery and sedation. Having recently worked with Nirmal on some complex implant cases I can see why he is valued so highly by the university.

Dr Cameron Currie recently joined me giving hands on demonstration of various files systems at the Friars Post Graduate Centre in Newport. Cameron is also involved with the endodontic teaching programme at Bristol University. We are impressed with Protaper Plus and Wave One and economics make these file systems a good choice for general practice.

It is really important to us all to support and mentor our colleagues not least because it keeps us on our toes!

### Endodontics Versus Implants

Over the years I have been asked to speak on this topic on numerous occasions and have been invited to give this lecture for the Association of Dental Implantology in Warwick in April. It is all too easy to become entrenched in our views and so an opportunity to review our rationale for our treatment choices is welcomed. Since I gave this lecture originally the landscape has changed a little.

Provision of implants has increased enormously in the UK which has undoubtedly benefitted many patients struggling with poor function. This form of treatment has been accepted as mainstream for over three decades. The high success rates claimed are justified but the problems that can arise have been largely under estimated. Our main concern is peri implantitis which is extremely difficult to manage or reverse. There is no consensus on the treatment for this condition though we are seeing some success with use of a soft tissue laser. However in the case below (Fig1) implant failure is catastrophic and there is no obvious plan B. The patient is in her early thirties and very concerned over the aesthetics. In the second case the outcome is completely different, the patient is much older but has a bomb proof soft tissue phenotype(Fig 2).



Fig 1.



Fig 2

**Case selection is paramount!**

By contrast the standard of primary endodontic treatment carried out in general practice is improving undoubtedly due to the use of rotary instrumentation, apex locators and fundamentally a better understanding of endodontic diseases. Re treatment or radicular surgery remain valid options when things don't work out as expected. Plans B and C have a good chance of success. Properly restored root filled teeth can last for decades.

Cost implications cannot be overlooked and it is interesting that implants can now be purchased at less than the cost of pack of Protaper files. The latter are reassuring expensive and are probably the premium system on the market. We don't advise using the files for obturation and our old friend gutta percha is still the filling material of choice. Despite the expense I still can't recommend Ni Ti obturators !



Ni Ti Obturation (Protaper F2)



Gutta Percha

## Restorative Cases

Fixed restorative work either supported by natural teeth or implants is the contemporary solution for the partially edentulous patient. Basically patients want fixed teeth without any form of instability. However, there are occasions where the level of complexity, required compliance or simply cost dictate other strategies. Acrylic partial dentures are usually a less than satisfactory solution and so a chrome cobalt or titanium based partial denture can be a reasonable solution. Combination with precision attachments like mini dalbo can often add greater retention and are particularly useful for the free end saddle. However, if the distribution and prognosis of abutment teeth is favourable then guide planes can be incorporated which improve retention and stability without the need for clasps or other retention devices. Heavily restored teeth can receive milled crowns. Elderly patients can find precision attachments hard to manage in terms of dexterity. Keeping design simple will make things easier and encourage an easier maintenance.

The case below follows the stages involved in the construction of a chrome cobalt partial denture retained by milled porcelain bonded crowns.



The process is a stern test of impression accuracy and laboratory technique!

## **Forthcoming events**

We have a practice open day on May 17th 2014. Patients considering implant therapy, rehabilitation and orthodontic treatment are very welcome to come along and meet all members of our team. They can also meet our patients who have previously had these treatments. We have found this extremely useful for patients who need reassurance prior to committing to treatment.

Lunch and learn sessions work very well for us and we are keen to enter into partnership with practices who want to update knowledge in a bite size lunch time slot. We are available to do this on Tuesdays and will organise the CPD credits and provide lunch at your practice. The topics are designed to be of interest to all members of your team. Contact Helen at The Mayhill and she will be happy to organise this on a date that suits.

## **Lunch and Learn Topics**

**Scope of implants in General Practice;** how and when to get involved.

**Post Crowns;** a guide to long term success.

**Rubber Dam;** quick and easy.

We are happy to support the Association of Dental Implantology which remains the foremost organisation that maintains standards and education in the UK in relation to dental implants. I am delighted to be speaking at their regional meeting in Warwick on April 30<sup>th</sup> 2014. Details at [info.adi.co.uk](http://info.adi.co.uk)

Once again a big thank you to our referral base. I hope in turn we are supporting your practices and providing a service to your patients.

Kind Regards

David Guppy