

## Implants and Immediate Teeth

Dr. Bridger may place temporary teeth at the same time as placing your implant(s). In the past, the normal routine with implants was to wait several months before loading the implants with any type of appliance. This of course meant the patient would have to wear a removable temporary flipper denture, or go without teeth during the integration phase of the implants adhering to the jawbone. Implants have been steadily improving so that if there is adequate primary stability at the time of placing the implants, the patient can have the luxury of fixed teeth rather than dealing with something removable or nothing at all.

If you have received Nobel Guide's "Teeth in an Hour" procedure, you will also have immediate teeth at the time of placing the implants.

The big risk is that patients will overload their implant teeth and that micro movement of the implants will occur, resulting in eventual "non integration" of the implant to the bone and loss of the implant(s). We shall make the temporary teeth so that there will be minimal biting stress when you are eating, but we will encourage you to adhere to a soft diet and to limit heavy chewing until after the implants have completely healed.

### **DIET**

If Dr. Bridger and his staff have recommended a soft diet, this means:

No buns; no raw vegetables such as carrots, apples, etc.; no tough meat such as steak, beef jerky, etc.; and no hard foods such as nuts and chocolate. Be patient. You will be able to enjoy all these foods after a couple of months.

Instead stick to the following: soups; mushy foods like mashed potatoes, yogurt, and bananas; cooked vegetables, etc. Use a blender or a juicer if you want to have raw fruits and vegetables.

After wearing the temporary teeth for several months, then Dr. Bridger will take impressions for the permanent teeth. At no time will you be without teeth.