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testimonials  
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29 May 06  
Dr K Lochhead  
West End Private Dental Practice  
178 Rose Street,  
Edinburgh EH2 4BA

Dear Dr. Lochhead,

I have set out some of my thoughts.

**'The whole experience is one of teamwork. Everyone in the team makes you aware of what is going on and you have confidence in the outcome. I only wish it had been possible twenty years ago. I just decided to spend the money, it's one of my best investments. No more restricted eating - no more missing teeth at night or in the morning - no more cleaning the old Fixodent out of my mouth - no more feeling the plate on my palate - no more worrying that the plate would come loose when out with friends for dinner. Biting in to an apple only a few days after getting the implants was marvellous!'**

**The Story - All I want for Xmas is my own front teeth.**

'I'm afraid that there is no more can be done to fix the teeth. The roots have gone, we now need to make a plate to hold the teeth' said my Dentist.

It was the news I knew would eventually come. For many years I had crowns on my front teeth. Firstly fitted to the stubs, then pins. Like many others over the years I had the crowns come loose or come off when we were on holiday. Searching vainly for Dentists in Spain or other places. Used Blue Tack at one point to hold the crown in place while I couldn't eat or smile. But in reality nothing works.

Now a plate was fitted and each day it needed Fixodent to hold it in place. The plate was never far from my mind. Careful what I could eat, even after months it was an intrusion in my mouth.

Then my dentist suggested that I think about implants. 'Might be expensive but it could be as close as possible to having your own teeth back' he said.

I took his advice and I arrived at the West End Private Dental Practice for an initial assessment to see what could be done. I was slightly apprehensive.

The staff took some details for their records and then I met Dr Lochhead. After a 'look see' at my teeth or lack of them, lots of pictures were taken and some x-rays. All very easy. I felt good as I had lots of questions and he explained about implants, the process, the time scale of having this work done and the costs. In essence metal posts are fitted in to the bone, in my case the upper jaw. There is mouth surgery required to fit these and once fitted the bone grows and forms a very strong bond to the metal implant. He explained the various options open to me.

A few days later a complete write up came through the post. It set out in detail what had been talked about at my initial consultation. One of the options was to fit an implant for the two front teeth and a second implant for another missing tooth.

The costs needed to be addressed – in my case just over £5000. I tried to justify spending this money, but it was difficult. My wife asked if I had added up the cost and problems my teeth had caused over the years. When I really thought about all the problems still to come, it was simple – just treat myself.

Do it! No more restricted eating - no more missing teeth at night or in the morning – no more cleaning the old Fixodent out of my mouth – no more feeling the plate on my palate – no more worrying that the plate would come loose when out for dinner.

I sent off the acceptance form for the option I had chosen that included the staged payment plan of costs.

Several visits later once Dr Lochhead had done more detailed work through x-rays, impressions, digital photo's etc., I was read for the gum surgery.

The surgery was all explained to me. I was given antibiotics to take the day before to minimise infection risks. I was surprised at the delicacy in the surgery even the injections to numb the gums were hardly noticeable. In less than two hours I had the implants fitted. I was given painkillers if needed and clear instructions on caring for the wounds over the next seven days. Minor discomfort but within the week the stitches had come free and I felt fine.

A check up with Dr Lochhead was next and everything was in order.

The next bit was frustrating, as I needed to wait for some months until the implants and the bone integrated.

But the day arrived when my new teeth were fitted in to the implants, a barely noticeable process. The feel of the new teeth and the first look in the mirror was a good feeling.

A lot of effort goes in to making the new teeth and of course matching them to the existing teeth and some minor adjustments were made and at the next visit I left with no plate and new implanted teeth. A couple of days later I bit into an apple, wonderful.

A few months have gone by and I know that getting this work done was one of my better decisions. I only wish it had been possible twenty years ago!