



PATIENT GUIDE

A COMPLETE PATIENT GUIDE

Dental Implants, *Made Simple*

Everything you need to know about replacing one tooth — or all of them
— and getting back to a confident, fully functional smile.

Presented by Dr. Nima Afzalian

Serving Glendale, Peoria, Surprise, Sun City & greater Phoenix

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BEFORE YOU BEGIN

Missing teeth are common. So are great options.

If you're living with a missing tooth, a failing tooth, or struggling with a denture that just won't cooperate, you are far from alone — and you have more choices today than ever before.

For generations, replacing teeth meant a compromise: bridges that wore down neighboring teeth, partials that clicked and shifted, or dentures held in place with adhesive and a bit of hope. Each one replaced the part of the tooth you can see, but none of them replaced the **root** — the part that keeps your jaw healthy and your bite strong.

Dental implants changed that. By rebuilding the tooth from the root up, implants restore the look,

feel, and function of a natural tooth in a way no previous solution could. They've become the gold standard in modern tooth replacement for good reason.

This guide is written in plain language to help you understand your options — without the jargon and without the pressure. By the end, you'll know exactly how implants work and whether they might be right for you.

Our promise: By the time you finish this guide, you'll be able to talk about implants with confidence — and ask the right questions at your consultation.

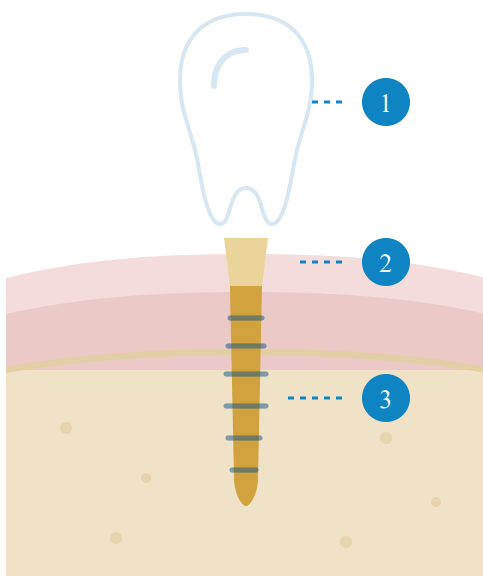
WHAT YOU'LL LEARN INSIDE

- ✓ What dental implants actually are, and how they work beneath the surface
- ✓ Why implants outperform bridges, partials, and conventional dentures
- ✓ The right implant solution for replacing one tooth, several teeth, or a full arch
- ✓ Exactly what to expect at each step of the process — start to finish
- ✓ Honest answers to the questions patients ask us most

THE BASICS

What exactly is a dental implant?

A dental implant is a small, biocompatible titanium post that takes the place of a missing tooth's root. It's placed gently into the jawbone, where it bonds with the surrounding bone over time. Once it has healed, a custom porcelain crown is attached on top — and the result looks and works like a natural tooth. Today's implants are so natural-looking that no one needs to know you ever had work done.

**1 The Crown**

A custom porcelain tooth, color-matched to your smile. This is the only part anyone sees.

2 The Abutment

A small connector that securely links the crown to the implant post below.

3 The Implant Post

A titanium "root" that fuses with your jawbone — the foundation that makes it all rock-solid.

The magic happens in step 3. Through a natural process called **osseointegration**, your living bone grows around the titanium post and locks it in place — creating a bond strong enough to last for decades.

WHY PATIENTS CHOOSE THEM

Four reasons implants stand apart

Other tooth-replacement options can look fine on day one. What sets implants apart is what they do over the years that follow — for your bite, your bone, and the teeth you still have.



Rock-Solid Stability

Because the implant is anchored in bone, your replacement tooth doesn't slip, click, or shift. You can bite into an apple or a steak without a second thought.



Protects Your Jawbone

When a tooth's root is missing, the jawbone beneath it slowly shrinks away. An implant stimulates the bone just like a natural root, helping preserve your facial structure.



Looks & Feels Natural

A custom porcelain crown is shaped and shaded to blend seamlessly with your smile. It feels like your own tooth — and lets you speak and laugh with confidence.



Built to Last

Unlike bridges or dentures that typically need replacing, a well-cared-for implant can last for decades — and often a lifetime. It's an investment that pays off.

"Implants don't just replace a tooth — they protect the foundation your whole smile is built on."

HOW THEY COMPARE

Implants vs. the alternatives

Bridges, partials, and dentures all have their place — and they may be the right call in certain situations. But it helps to see, side by side, where each one stands. Here's an honest comparison.

	Dental Implant	Fixed Bridge	Partial Denture	Full Denture
Stays firmly in place	Yes	Yes	Mostly	Often shifts
Preserves jawbone	Yes	No	No	No
Spares healthy teeth	Yes	Grinds them down	Clasps on	N/A
Natural feel & function	Excellent	Good	Fair	Fair
Eat without restrictions	Yes	Mostly	Limited	Limited
Typical lifespan	Decades+	10–15 yrs	5–8 yrs	5–8 yrs
No adhesives needed	Yes	Yes	Yes	Often

The biggest long-term difference comes down to one word: **bone**. Implants are the only option on this list that actively preserves the jawbone — which is why they protect not just one tooth, but the shape of your face over time.

SOLUTIONS

An option for every smile

Whether you're missing a single tooth or looking to replace an entire arch, there's an implant-based solution designed for it. Here are the four most common.



Single Tooth Replacement

One implant, one crown. The cleanest way to replace a missing tooth without touching the healthy teeth on either side — exactly as nature intended.



Implant-Supported Bridge

Missing several teeth in a row? A small number of implants can support a fixed bridge — no need to grind down healthy neighboring teeth the way a traditional bridge requires.



Full-Arch (Implant Dentures)

Replace a full upper or lower set of teeth on just a few strategically placed implants. The result is a fixed, stable smile — no slipping, no messy adhesives, no removing it at night.

Not sure which is right for you? That's exactly what a consultation is for — your dentist will recommend the best fit after a quick exam and a look at your jawbone.

WHAT TO EXPECT

Your implant journey, step by step

The idea of "implant surgery" sounds bigger than it feels. For most patients, the process is comfortable, well-paced, and far easier than they expected. Here's how it unfolds.

1

Consultation & Planning

It starts with a conversation and a gentle exam. We look at your teeth, gums, and jawbone, talk through your goals, and map out a personalized plan — including a clear picture of timing and cost before anything begins.

2

Implant Placement

The titanium post is precisely positioned in the jawbone during a single, well-tolerated visit. We'll discuss comfort and sedation options ahead of time so you stay relaxed throughout. Most patients are pleasantly surprised by how smooth it is.

3

Healing & Integration

Over the following weeks, your bone naturally bonds to the implant (osseointegration), creating a permanent foundation. In select cases, a temporary or even a same-day tooth can be placed so you're never without a smile.

4

Your New Tooth

Once healed, we attach your custom porcelain crown, bridge, or denture — shaped and shaded to match your smile. You walk out chewing, speaking, and smiling with full confidence. That's it.

One office, start to finish. Because every step is handled in-house, your care stays simple and coordinated — no being sent across town to a separate surgeon and back again. (More on why that matters on the next page.)

INSIDE OUR OFFICE

How does the implant process work at My Dental & Implants?

From the moment you arrive, every step happens right here with one team that knows your case. Here is exactly what to expect — in the words of Dr. Nima and our staff.

Your consultation. You'll be warmly greeted, then we begin with a **CT scan and panoramic X-ray** to review the quality, density, and depth of your bone. A **treatment coordinator** sits down with you to understand the core issue and your goals for your teeth and smile. Then Dr. Nima steps in to explain the process and walk you through your options — so you can choose the path that's right for you.

There are three paths to a new smile:

Dentures

Traditional removable replacement.

Snap-ins

Implant-stabilized, removable.

Fixed dental implants

Permanent — our focus below.

Fixed implants happen across a few comfortable appointments:

1

Pre-Surgical Visit

We go over everything — the surgery itself, your medications, and post-op care. You'll leave with a recovery kit, including a rinse, gel, and spray to support your gums before and after surgery.

2

Surgery & Same-Day Smile

Our entire team is on hand. We scan the jaw, numb the area, gently remove any failing teeth, clean infection, and place your implants. While you recover, the lab begins crafting your teeth — so you leave the same day with a new, temporary smile.

3

Healing & Follow-Ups

We see you weekly for the first two weeks, then monthly, to make sure everything is healing beautifully. You'll receive a night guard to protect your temporary teeth during this phase.

4

Your Final Teeth

After four to six months of healing, your gums have settled. We take a final scan, you choose the shade of your new teeth and "test drive" the fit, capture before-and-after photos — and complete your permanent smile.

FAQS

Questions patients ask us most

Q. What are dental implants made of?

Dental implants are made of titanium, which is proven safe and biocompatible with the body.

Q. How many parts make up a dental implant?

Three: the implant itself, which acts as the root of the tooth; the abutment, which connects the implant to the crown; and the crown, which is the visible tooth attached via the abutment.

Q. Do I get the crown right away?

After the implant is placed, it generally takes four to six months for it to fully integrate with your existing bone before the abutment and final crown are placed.

Q. What's the advantage of an implant over a dental bridge?

A single implant stands on its own and doesn't rely on the neighboring teeth — so if anything ever needs attention, the adjacent teeth aren't affected. A bridge, by contrast, connects to and depends on the teeth on either side. Both have their place, but implants are generally superior in strength and lifespan.

Q. How much do dental implants cost?

Cost varies with each individual treatment plan. Factors include whether bone grafting or sinus augmentation is needed, as well as your insurance. Generally, dental implants range from **\$1,500 to \$4,900** depending on these factors — and we'll always provide a clear, itemized estimate up front.

Q. How do I maintain my dental implants?

Implants need the same good habits as natural teeth: floss at least three times a week and brush twice daily. For some patients with multiple implants, a professional cleaning every three to four months is recommended rather than every six.

MAKING IT AFFORDABLE

Financing & payment options

Cost should never stand between you and a healthy smile. We offer flexible payment plans and partner with trusted lenders so you can move forward with care that fits your budget.

FLEXIBLE PAYMENT PLANS

Get approved for plans as low as **\$100 / month** for your treatment.

Our trusted financing partners:

CareCredit

A leading healthcare credit card with special financing options for dental treatment.

Cherry

Simple, transparent monthly payment plans you can apply for in minutes.

Proceed Finance

Longer-term financing designed for larger and full-mouth treatment plans.

Insurance & in-house membership welcome. We accept most dental insurance and offer an in-house dental membership for patients without coverage. Before any treatment begins, we'll walk you through a clear, itemized estimate and the financing path that works best for you — no surprises.

"Ask us about financing at your consultation — we'll find an option that fits."

THE MY DENTAL & IMPLANTS DIFFERENCE

Start to finish, under one roof.



Many practices advertise dental implants — but can't actually place them. They send you to an outside specialist for the surgical part, then bring you back to attach the crown. That means more appointments, more travel, more cost, and more stress.

At My Dental & Implants, Dr. Nima Afzalian has the advanced training to handle **every** step of the process himself — from placing the implant to crafting the final tooth. One team, one office you already know and trust.

- ✓ **No outside referrals.** Your entire treatment happens in one familiar place, with one team who knows your case.
- ✓ **Lower cost, less hassle.** Cutting out the separate specialist often means real savings — and far fewer trips across town.
- ✓ **An option for every budget.** From single implants to full-arch and mini-implant solutions, there's a path that fits.
- ✓ **Proudly local.** Serving families across Glendale, Peoria, Surprise, Sun City, Cave Creek, and greater Phoenix.

"We live up to our name. From your first question to your finished smile — it all happens right here."

REAL RESULTS

Real patients. Real smiles.

These are actual patients treated right here at My Dental & Implants — every restoration planned and completed under one roof. Slide your eye from left to right to see each transformation.



Worn, uneven teeth and old gold work — restored to a bright, even smile with natural-looking implant crowns.



Damaged front teeth rebuilt into a full, confident smile.



Decayed front teeth replaced with natural-looking restorations.



Missing & broken teeth rebuilt with a fixed implant bridge.



Years of gaps closed for a complete, natural smile.

YOUR NEXT STEP

Ready to see if implants are *right for you*?

It starts with a simple, no-pressure consultation. We'll answer your questions, take a look at your smile, and help you understand your options — completely on your terms.

TAKE THE FIRST STEP

Schedule Your Implant Consultation

Bring your questions. We'll bring honest answers and a clear plan — including timing and cost — before you commit to anything.

[SCHEDULE AN APPOINTMENT — CLICK HERE →](#)

CALL US

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mydentalandimplants.com

FIND US

Glendale, Arizona

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