

Optimising pink aesthetics around implants –strategies for minimizing patient morbidity

Clinicians and patients strive to achieve ideal aesthetics in implant restorations while minimizing morbidity. The long-term maintenance of soft tissue aesthetics around implants is a challenge, which we are only now coming to understand better.

Pre-treatment soft and hard tissue deficiencies present a risk of compromised aesthetic outcomes. A thorough risk assessment and appropriate strategies to minimize pink aesthetic failure are recommended to achieve a predictable aesthetic result. Emphasis on bone regeneration has stood the test of time in maintaining long-term outcomes and avoiding the need for soft tissue augmentation.

Factors that influence peri-implant bone remodelling profoundly affect bone regeneration, and active implant surfaces may enhance the outcomes. With hydrophilic surfaces, patient-friendly avenues can offer opportunities to rehabilitate patients with minimal morbidity and cost-effective treatment protocols by avoiding the need for staged bone augmentation. However, research suggests that not all hydrophilic implant surfaces behave similarly.

The presentation will demonstrate critical dimensions for predictably achieving and maintaining optimal aesthetics around implant restorations by emphasizing bone augmentation over soft tissue augmentation in the aesthetic zone.

Aims and Learning Outcomes:

After attending this presentation, the participant should be able to:

- Describe the clinical situations where implants can be successfully placed with simultaneous GBR even in defects with less than 3-bone walls
- Discuss the advantages of certain implant surfaces and designs in such severe defects
- Understand the role of osseo-promoting implant surfaces in enhancing clinical outcomes
- Describe soft tissue management strategies and timing for optimising pink aesthetics around implant restorations
- Describe the need for and techniques to develop optimal pontic sites for conventional and implant bridges

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Shakeel Shahdad is a Consultant and Hon. Clinical Professor in Oral Rehabilitation & Implantology at The Royal London Dental Hospital, and Barts & The London School of Medicine and Dentistry. He is the Clinical Lead for Restorative Dentistry, Lead for postgraduate implant training and Chairman of ITI Scholarship Centre at QMUL.

He is a Fellow of the International Team for Implantology. He is also the Chairman Emeritus for the Advisory Board in Implant Dentistry for the Royal College of Surgeons of Edinburgh and the ITI UK & Ireland Section. In 2017, he was conferred Fellowship of the Faculty of Dental Trainers (FFDTed) by The Royal College of Surgeons of Edinburgh.

He is a specialist in Restorative Dentistry, Periodontics, Prosthodontics and Endodontics.

Apart from the specialist restorative treatment, his areas of particular interest include aesthetic implant dentistry and management of complex restorative cases including functional and aesthetic rehabilitation of patients with congenital absence of teeth and toothwear. Shak specialises in treating patients requiring complex and advanced restorative treatment including surgical placement and restoration with dental implants.

He is active in clinical research and has secured various research grants. He is a co-author of a textbook in periodontology and implant dentistry, besides publishing in peer-reviewed journals.

He also runs a multi-specialist referral practice in the West End of London.