

# **DENTAL PROCEDURES IN IRAN**

Prevention is the best way to maintain the health of your teeth. But teeth don't remain the same forever. They change, decay, break, get crooked, and more. Fortunately, modern dentistry allows for various types of dental treatments for different dental problems, with people becoming more and more interested in dental treatments, especially cosmetic dental procedures. Since dental services are costly in many countries, some prefer to travel abroad for more affordable services. Because of the affordable costs and high quality of dental services, Iran has caught the attention of foreign patients over the past years.

## **DENTAL IMPLANTS IN IRAN: ALL YOU NEED TO KNOW**

If you are in doubt about whether to travel to Iran for your dental implant or to go somewhere else, we are writing this to give you a clear image of such procedure in the country. This includes reasons to choose Iran as your dental tourism destination, the exact cost of dental implants in Iran, dental implantation procedure in Iran and the like.

### **WHAT ARE DENTAL IMPLANTS?**

A dental implant is a metal device placed in a patient's jawbone in order to attach an artificial tooth to the jaw. A dental implant consists of three parts. These are crown, abutment, and screw. Crown is the top part of an implant which looks like your natural tooth. Abutment functions as a connector,

attaching the crown to the screw. Screw functions as the root of your tooth, stabilizing the crown into the jawbone.

## **WHY IRAN FOR DENTAL IMPLANTS?**

When it comes to Iran, the debate revolves around the question of why a growing number of people would rather travel to Iran to have dental procedures done instead of having them done in another country.

Iran is regarded as a powerful rival in offering dental procedures for many western countries as well as Asian countries in terms of cost and quality. If you're living in one of those places with high cost of dentistry services, dental implants in Iran would save you big money. This would even gain much importance when it comes to having more than one dental implant.

Thanks to the development of dental procedures' techniques and facilities, the quality of dental implants in Iran is another significant factor enticing people to pick out this country as their dentistry destination.

Moreover, studies show a high rate of success for a dental implant in the country. According to a study on dental implantations in Iran, of a total of 2,381 implants, 99.1% was done with success, and only 0.8% was the rate of failure. So, there would be no concerns left regarding your implants when you go back home.

## **DENTAL IMPLANTS CLINICS AND DENTISTS IN IRAN**

In Iran, dental implant clinics offer a full range of implant procedures. They have met all the international standards, and are equipped with advanced facilities.

The country enjoys a society of highly-experienced and trained dentists who even attended the prestigious US or European universities. The chance of having a successful implant surgery depends on the experience of the dentist as this procedure is as much about art and experience as it is about science. Accordingly, choosing a country like Iran where with highly experienced dentists would help you get through this procedure with much satisfaction.

## **HOW IS DENTAL IMPLANTS PROCEDURE DONE?**

If you're curious to hear about the procedure itself, this section is for you. A dental implant surgery takes around **1-2 hours**. The dentist applies **local anesthetic** for the surgery unless you are having multiple implants. In that case, you may require general anesthesia or conscious sedation.

The procedure starts with the placement of screw into your jawbone. It will take around **2-4 weeks** for the screw to fit in the jaw. The crown will be placed on the screw after around **3 months**. These two steps may be done at the same time or in different sessions according to your jaw condition. Accordingly, some patients may only get their screw implant done in Iran, while the crown placement will be done in their home country.

Furthermore, you may need a bone graft surgery prior to your implantation if your jawbone is not sufficient to receive/hold the implant. If you're going through a bone graft surgery, it will take a couple of months for your jawbone to heal.

## **DENTAL IMPLANTS RECOVERY**

The recovery period of dental implants depends on many factors, including the number of implanted teeth and the bone condition. The healing process can take from around **3 to 6 months**. However, you'd be able to resume your normal life and return to work within 2-3 days after the surgery.

During the first days after the surgery, you may experience pain, discomfort, and bleeding. Some patients also see swelling around the implanted teeth. This will subside after a while.

## **DENTAL IMPLANTS COST IN IRAN**

While getting implants in most developed countries would cost you a fortune, you'd be able to save up to 70% of the cost in Iran. A single dental implant in Iran costs **\$500 to \$900**, depending on the type of the implant. A fee of **\$100-\$150** may be added to this price for placement of a crown.

However, the same procedure in the US would cost around \$1,500-\$6,000. This procedure would cost \$2,000-\$4,000 if you're getting your implant in the UK. In Iraq, UAE, Oman, and Turkey, the price ranges from \$1,000 to \$4,000.

The price of dental implants in Iran would become even more attractive when you got to have multiple implants. Multiple implants would cost

\$10,000-\$30,000 in various countries, while you can have it done in Iran for **\$3,000 to \$4,500**.

## **TYPES OF DENTAL IMPLANTS USED IN IRAN**

**Titanium and titanium alloys** are the types of metals widely used in implants. They are durable and proven to last for a long time. However, they represent a few drawbacks including the risk of being rejected by the patient's immune system, complications with MRI, cellular sensitization and allergy. Due to these disadvantages, **Zirconia** implants are introduced as an alternative to titanium implants. They are found to not only render the suitable characteristics of titanium but also lack the titanium's imperfections. In light of this, Iranian dentists/surgeons offer **both Zirconia and titanium implants** according to the patient's condition and preference.

## **ADVANTAGES OF DENTAL IMPLANTS**

Dental implants include a number of advantages over other alternatives. These are:

- **Being comfortable**

Dental implants and crowns usually make you feel more comfortable than other dental devices. Implants feel natural and people usually don't have any problem eating and chewing.

- **Easy care**

Artificial teeth fixed with implants are adjustable with flossing, brushing, and routine dental checkups.

- **Durability**

Dental implants usually last for decades without any repairs or replacements.

- **Easy speech**

People wearing dentures may have speech problems such as mumbling or sometimes slurring. The latter is a result of slipping the dentures out of place. But dental implants are jointed to the jawbone firmly without causing any problem of speaking for the patients.

- **Firmness**

Dental implants are usually considered being more firm than natural teeth and wholly functional.

- **Better function**

Implants function at peak performance compared to your natural teeth as they can't develop cavities. Plus, they will not affect neighboring healthy teeth or lead to bone loss in the jaw.



## **DENTAL BRIDGES IN IRAN: ALL YOU NEED TO KNOW**

Are you looking for affordable dental bridges abroad? you're not alone in this. Each year, thousands of people are heading off to various countries to get their dental treatments done at a better price. Some of them choose Iran over other destinations as they heard of the great expertise of Iranian dentists and the affordable cost of dental procedures.

If you're curious to hear more, this post depicts all you need to know about getting a **dental bridge in Iran**, including the procedure, costs, benefits, materials, recovery, and everything.

## WHAT ARE DENTAL BRIDGES?

Dental bridges, as the name suggests, bridge or fill in space between two crowns, implants or teeth. A dental bridge consists of two crowns or teeth and a false tooth in between. The false tooth, otherwise known as 'pontic', acts as a bridge, connecting the two adjacent crowns or teeth.

*A dental bridge consists of two crowns or teeth and a false tooth in between.*

## WHY GET YOUR DENTAL BRIDGES IN IRAN?

With the significant development of dental technologies and treatments, Iran's turning into a reliable destination for foreign patients. The country boasts a community of professional dentists who have attended top dental schools and colleges in the UK, USA or Canada.

In Iran, all hospitals and clinics are regulated by the healthcare system of Iran which ensures that they follow global standards of medical and dental practice. So, you'd be able to find well-equipped dental clinics in every corner of the country, especially every major city.

Another factor reinforcing this growing industry in the country is the affordability of dental services like dental bridges. However, the low cost of such procedures does not mean that you'd be going through sub-standard dental practices or experiencing poor quality facilities and materials.

The lower cost of living, weak currency, and lower salaries result in a lower cost of treatments in the country. For example, an average Iranian dentist's wage is one-tenth of an American counterpart. The same story is true with the rest of the workforce. Therefore, in Iran, you can save from 30% up to 80% of the money you'd have to spend on your dental procedure in your home country.

*The country boasts a community of professional dentists who have attended top dental schools and colleges in the UK, USA or Canada.*

## WHAT ARE THE BENEFITS OF BRIDGES?

Dental bridges:

- Improve teeth appearance and functionality,
- Empower a damaged tooth/implant,
- Restore alignment of the dental occlusion (bite): Gaps left by missing teeth can cause the remaining teeth to shift, which can result in a malocclusion (bad bite), imbalance or even gum diseases; and
- Span space where the tooth is missing.

## DENTAL BRIDGE PROCEDURE IN IRAN: HOW IT'S DONE?

To get your dental bridges in Iran, you'll need to stay around 7-10 days in the country. A dental bridge is prepared and placed within 2-3 sessions.

In the first session, the dentist prepares the teeth for receiving the bridge. To this end, the adjacent teeth, known as abutment teeth, are shaped by filing down. Then, the mold is made and sent to the laboratory.

In the second session, the bridge will be placed and fixed on the teeth/crowns. Then, the bite will be checked and corrected if required.

Depending on the type of the bridge, it will be secured in place using different supports. This will be explained more precisely in the next section.

*See the four steps of a dental bridge procedure in Iran!*

## TYPES OF DENTAL BRIDGES

Dental bridges come in four main types: traditional, cantilever, Maryland, and implant-supported.

### Traditional bridges

These bridges are made of porcelain-fused-to-metal or ceramic. They are the most commonly used bridges. When using traditional bridges, the bridge is placed and cemented to the natural teeth which were prepared beforehand.

They are durable and feel natural. However, when the adjacent teeth are not damaged, the dentist has to remove layers of enamel to create room for

attachment of the bridges. This is regarded as the main drawback of traditional bridges.

### Cantilever bridges

Cantilever bridges are made of porcelain or ceramics, just like traditional ones. In these bridges, only one adjacent tooth in one side of the fake tooth is manipulated and trimmed. So, this option works for those who only have one damaged tooth with a gap next to it.

### Maryland or resin-bonded bridges

Maryland bridges are made of porcelain, porcelain-fused-to-metal, or plastic. The false tooth is bonded to only one adjacent tooth using resin, metal, and porcelain wings.

With this type of bridges, the adjacent teeth will not be affected and filed down. However, they're not as strong as traditional and cantilever bridges, as the material holding the bridge may get loose under the biting pressure.

### Implant-supported bridges

When the adjacent teeth are missing and replaced with dental implants, the bridge is supported and secured in place by those implants. These bridges do not get loose easily and feel as comfortable as your natural teeth. To get this type of bridges, you first need to receive implants and then go for a dental bridge procedure.

*See the difference between a traditional bridge and an implant-supported bridge!*



## DENTAL BRIDGES COST IN IRAN

Getting dental bridges in Iran can save you big money. A dental bridge costs from around \$150 to \$250 in Iran (including all the related fees).

However, you'd have to pay from \$500 to \$1,200 to get a false tooth in the US. The same procedure costs from \$500 to \$1,000 (per tooth) in the UK. This cost only includes the price you need to pay for getting one fake tooth, excluding any anesthesia fee or else.

## DENTAL BRIDGES VS. IMPLANTS: WHICH ONE IS BETTER?

Both implants and bridges replace missing tooth/teeth. However, they do not bring the same advantages and disadvantages.

While you can improve your teeth appearance and functionality by getting either an implant or a dental bridge, the situation would be different with each of them. A dental implant does not affect the surrounding teeth, and it can last for a lifetime. Bridges, however, impose pressure on the surrounding teeth.

To get a dental bridge, the enamel of adjacent teeth would be manipulated. This is not desired by many, considered as a disadvantage. However, this procedure is way easier and cheaper than getting an implant.

To get a dental implant, the patient needs to undergo surgery. The patient also needs to have sufficient jaw bone to receive the implants. Therefore, not everyone is the right candidate for this procedure.

All in all, to determine whether an implant or a bridge is the right option for you, you need to consult with a dentist.

## DENTAL BRIDGE AFTERCARE

Bridges are fixed in place using local anesthesia. When the local anesthetic gradually wears off the area, the bridge feels comfortable in your mouth.

After the procedure, you can easily chew and eat without having problems, but you also need to make some effective changes to your dental care routine.

You should keep your gums and teeth healthy by brushing them with fluoride toothpaste three times or twice a day and flossing them almost daily. For doing the checkup and other professional services you need to see a dentist regularly.

You can also ask your dentist about the routine care to make sure you are taking care of them fully and to prevent spending much of your budget again on solving the problem with a bad bridge.