

**Creating healthy  
smiles with expertise,  
technology & care.**

**Dr Kieran McNamara**

Master Clinician in  
Implant Dentistry



**Daley Street Dental**

Serving Alstonville Since 1965



## Life changing, scientifically proven dental treatment.

The Nobel Biocare All-on-4® treatment concept is a proven dental implant solution designed specially for people with toothless jaws or failing dentition.

Using just four dental implants to secure a natural looking restoration, the All-on-4 treatment provides a fixed, functional and stable set of provisional teeth in just one day.

Hundreds of thousands of people have benefitted from the All-on-4 treatment, and it's backed by over 20 years of study and research.



Scan to book a **FREE** no obligation consultation  
or call **6628 0783**

DALEY STREET DENTAL ARE THE ONLY LOCALLY OWNED  
AND OPERATED FULLY DIGITAL SAME DAY **ALL-ON-4®**  
CLINIC IN THE NORTHERN RIVERS



**Achieve your  
best smile**

We use 3D simulation modelling to create your best smile so you can see what your new smile will look like before we even get started.



**Most accurate  
surgery**

We use surgical planning software and 3D printed surgical guides to precisely position the implants in the strongest position creating the least invasive surgery.



**Same day  
new teeth**

We 3D print your new smile onsite and in-house! That means you go home with your new smile (and new row of teeth) on the same day the implants are placed.



**Strong bespoke  
final bridge**

We use ceramic (Zirconia) teeth on a titanium bar that are the strongest most aesthetic final option on the market, with a 10 year warranty against breakage.

**Expert Care**

Rest assured from start to finish your full treatment will be performed by the practice owner **Dr Kieran McNamara** who has **placed and restored over 3,000 dental implants.**





## FULLY ACCREDITED ALL-ON-4®CLINIC

When you visit Daley Street Dental you can be guaranteed we are using the same protocol and components that have achieved a **clinically proven 98% success rate** and helped over 250,000 patients worldwide, over the past 25 years.

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### BENEFITS OF ALL-ON-4®

#### Improved quality of life

Regain teeth that look and feel natural. And, depending on your situation, your dentist can connect provisional teeth on the very same day that implants are placed.

#### Shorter treatment time

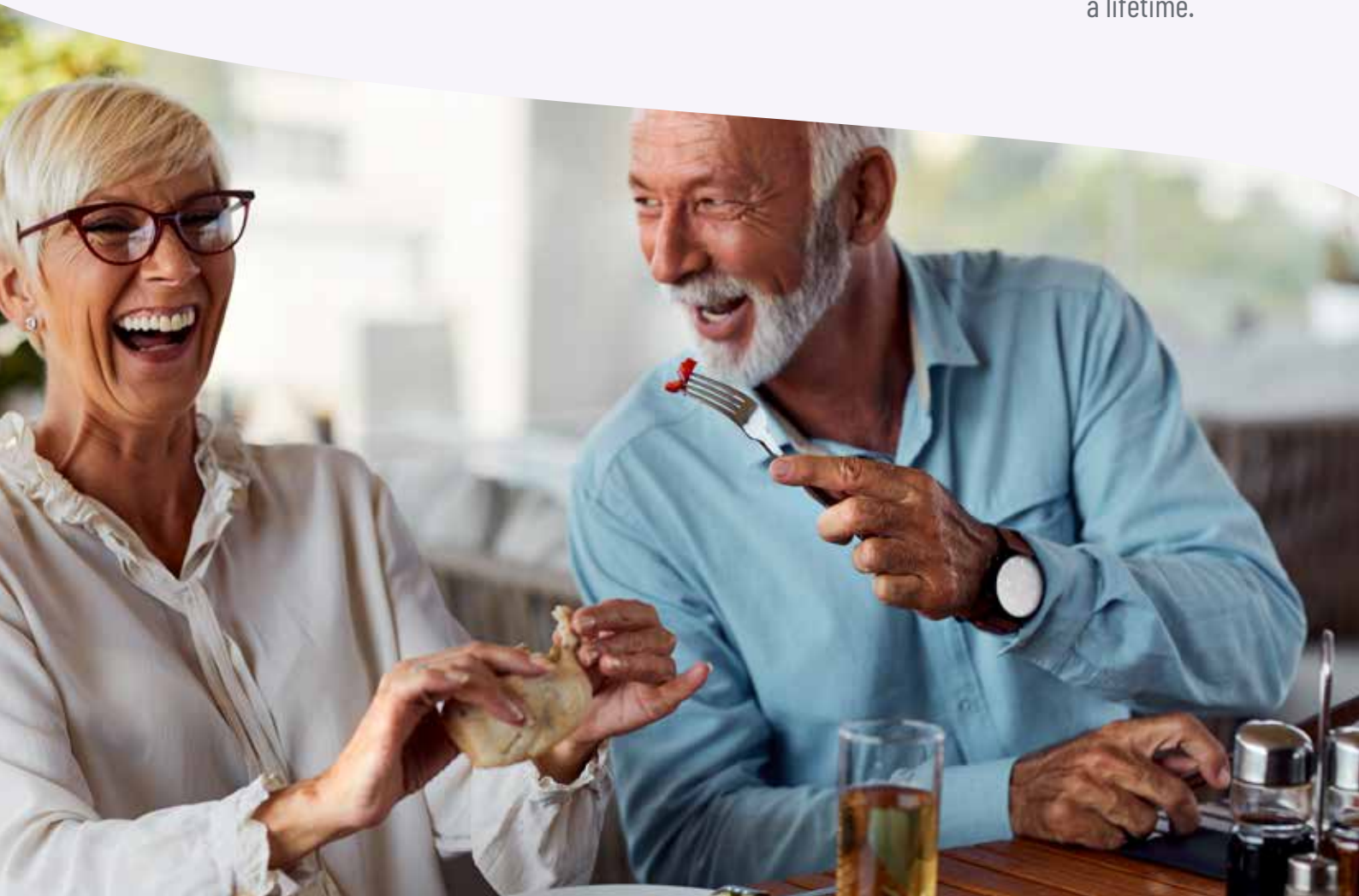
With only four implants needed and provisional teeth possible on the same day, treatment is faster and more cost-effective than comparable alternatives.

#### Supported by science

Created by Nobel Biocare, a world leader in dental implant technology, its success is proven by many clinical studies and 10 years patient follow-up.

#### Invest in the rest of your life

Costs might seem high at first glance, but the high maintenance costs of other restorations can make them more expensive in the long run. With good maintenance, your implants can last you a lifetime.



## ALL-ON-4 TREATMENT COST

- ✓ Consultation, 3D Scans, design and creation of entire row of new teeth to best suit your facial aesthetics
- ✓ Inclusive of ALL extractions
- ✓ Inclusive of 2 sets of teeth using the 'Malo protocol' (provisional followed by definitive bridge)
- ✓ Final teeth are made using Zirconia on titanium bar
- ✓ Delivering a brand new smile on the same day

### Cost \$25,000

(broken down to \$15,000 on the day of surgery and \$10,00 four months later)

\*General anaesthetic and IV sedation options are not included

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## How to access super for your All-on-4 treatment

There are two ways to access superannuation on compassionate grounds for chronic medical conditions like edentulism that require comprehensive treatment like All-on-4®.

1. You can do it yourself and log onto the [ato.gov.au](http://ato.gov.au) website that will explain the process and terms and conditions and provide template your GP and Dentist will need to complete. This process generally takes about 3 months from the time you apply to the time the ATO deposits the money into your bank account.
2. Alternatively, you can use a third party like 'Super Care who can fast track the process into 4 weeks and do all the behind the scenes work for you for a fee of \$700.

Ask our team after your consultation.

We are happy to help and support you with whichever option you chose.



## TIME LINE TO YOUR NEW SMILE



### **01 Complimentary Initial Consultation**



### **02 Planning Phase** Treatment Planning and Scheduling Appointment



### **03 Implant Surgery and Placement Of Initial Bridge** 3 Months



### **04 Final Bridge Design and Placement** 5 Weeks



### **05 Maintenance Phase** Caring For Your New Smile

## OUR PROCESS

### 1. Complimentary Initial Consultation

This no obligation complementary initial consultation provides an opportunity to meet Dr Kieran McNamara and his team and visit our state-of-the-art facility in Alstonville.

Firstly, we want to gain an understanding of your past dental experiences (the good and the bad), the challenges you have been facing over the years to maintain your smile and function, as well as your hopes and goals by proceeding with treatment.

Dr Kieran will then take a CT to assess your suitability for dental implants as well as photos to assess your smile. At this time, we will have an understanding if you are a candidate for All-on-4®.

Dr Kieran will then help you gain an understanding of what options are available to you should you wish to proceed with treatment.

The majority of the session will involve reviewing past cases that are similar to your starting position and goals so you have an understanding what we can achieve from treatment. This will involve a discussion of the pros, cons and costs of all your options including treatment alternatives to All-on-4®.

Once we are able to narrow down your options, we will provide a written quote so we will be able to assist with all payment plan options available to you.

This can range from early release of superannuation (on compassionate grounds) to payment plans and health fund rebates on dental item codes.



## 2. Treatment Planning and Scheduling Appointment

**In this session we design your best smile. A smile is unique to each person and is best designed ignoring the current tooth position and using facial landmarks to create perfect symmetry.**

We take a combination of digital dental scans of your teeth and gums, facial photos and digital smile design technology to produce a 3D simulation of the smile that suits you best. This allows us to co-design the final details of your smile so it is as perfect as it can be.

We will then explain what is involved on the day of surgery and provide prescriptions for medications you will need to take before and after the procedure.

We will also outline the schedule for maintenance in the initial healing phase and when we upgrade your bridge to the final permanent option.



## 3. What to Expect on the Day of Surgery

### Morning

8:00 am - Arrive at the clinic and be welcomed into the treatment suite.

The procedure commences following administration of local anaesthetic and take about 2 hours per jaw.

Following the procedure we take a series of digital scans so our team can fabricate the initial 3D printed bridge.

### Lunchtime

Our post-surgery team will take you to recovery while we wait for a carer to take you home to rest as the sedation will make you very sleepy.

Meanwhile our team is busy working your new smile.

### Late afternoon

You will return to receive your 'Smile in a Day' with our 3D printed full arch fixed bridge.

The long acting local will still be working and it only takes about 30 minutes to insert your new smile.



## 4. Following Up and Final Smile Creation

**We offer a two-bridge solution because:**

### 01. Initial 3D printed bridge

Dental implant integration takes three months to complete, and it is impossible to predict where the gums will shrink to once healing from the extractions. Even the smallest gap under a bridge will result in food getting stuck after every meal and irritating the implants.

Remaking the bridge from scratch at the three month mark allows us to give you a stable custom designed final option with perfectly even tissue pressure and make any improvement you request after having the opportunity to wear the initial prototype.

### 02. Final permanent ceramic bridge

The final long term permanent bridge needs to be strong enough to withstand decades of function, while being aesthetic enough to look like natural teeth.

Our final bridge is not made with acrylic or denture teeth as it is not the strongest nor most aesthetic option as it does not mimic the enamel of natural teeth.

The research clearly advocates using a Titanium bar with Zirconia teeth as it is the strongest, most aesthetic and longest lasting option on the market requiring the least maintenance.



## 5. Caring for Your New Smile

Ongoing daily cleaning is crucial for long term success.

We provide a Water-Pik and Super-floss as well as a complimentary appointment with our Oral Health Therapist one month after the final bridge has been inserted.

This is to ensure that you are removing all the plaque from around the new row of teeth and you have a full understanding of what is required to maintain your bridge long term.

We recommend you return every six months for a clean and once every year we will remove the bridge so we can directly visualise, assess and clean the implants. This costs no more than a regular dental check-up.





## Before and Afters

BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



## FAQ

### What is All-on-4®?

All-on-4® is the replacement of ALL teeth with a FIXED BRIDGE on FOUR dental implants on the SAME DAY. This procedure involves extraction of all remaining teeth, precise placement of four dental implants followed by issuing of a bridge that replaces the entire row of teeth.

### How do I know if All-on-4® is my best option?

There is no way to know if All-on-4® is your best option without having a consultation and scans with a qualified dentist to assess your suitability.

That is why Dr Kieran McNamara at Daley Street Dental provides a free initial consultation.

Being a full-service dental clinic, it means we offer all aspects of dental care from crowns and bridge, dentures, root canals and fillings and we do this all on in one location - NOT just All-on-4® like the franchises you see on social media. This means Dr McNamara will assess your suitability and offer you ALL the available options to restore your smile and function - NOT just the All-on-4® procedure. If All-on-4® is the option you wish to proceed with after knowing all your options, then it is something we are equipped to help you with.

### My teeth are in really bad shape. Am I still a candidate for All-on-4® dental implants?

At the complimentary initial consultation, we will take a 3D scan of your jawbone (CBCT) free of charge to assess your bone volume and be able to advise you if you are a candidate. Even if your teeth are in really bad shape, All-on-4® is still an option in almost all cases as this technique utilises the bone under the roots of the teeth to stabilise the implants.

### How long is the recovery period after an All-on-4®?

In the days after the initial surgery, you will be swollen and require pain medication.

As this initial treatment is essentially a denture on supports, the implants stop the denture from pushing into the region where you have had the extractions and the implants placed so the pain is significantly less than what most people would anticipate. We suggest 2-3 days off work so mainly operate later in the week so you can have the weekend to recover. After the initial procedure, there is no more surgery required so you can book appointments anytime to fit around your busy schedule.

### Are All-on-4® dental implants comfortable?

The discomfort associated with traditional dentures is associated with the sheer volume of pink acrylic that is required to provide enough suction so the denture will stay in your mouth. An All-on-4® placed with surgically guided implants ensures the bridge is as thin as possible so you only receive what you are missing (the white part the teeth) without the added bulk that comes with a denture. Also, as a denture is supported by the gums it will rub, create discomfort, affect speech, fall out and require regular adjustments. An All-on-4® is essentially a denture on supports so the entire load from chewing is absorbed through the implants (not the gums) so you do not get any discomfort when biting and chewing or alterations in speech like a traditional denture.

### How painful is All-on-4® dental implants?

The primary symptom people experience is swelling. They are almost always pleasantly surprised by the lack of pain associated with the procedure. However, if you need wisdom teeth out or have difficult surgical extractions at the same time your pain will be more significant. However, patients get teeth extracted every day and their pain is managed below 4/10 with Panadol and Nurofen. We prescribe stronger pain relief as well as paracetamol and a long-acting anti-inflammatory medication to ensure you are as comfortable as possible.

### Does an All-on-4® look like I have real teeth?

100% YES! That is what we are planning to achieve. All-on-4® implant bridges can be made out of acrylic with denture teeth or zirconia. Although dentures look somewhat like real teeth, Zirconia is the most natural and highly aesthetic option. It is always important to understand what the final bridge you are getting is being made from and what the long-term maintenance issues may be for that material before you commit to treatment.

### Can I eat anything with All-on-4® implants?

Yes, once the final bridge is inserted it is strong enough to allow you to return to your normal function and diet. You can bite an apple and chew a steak without discomfort or fear of damaging the bridge or implants. However, initially, when you have the immediate provisional bridge that we provide on the day of surgery we request that you have a soft diet for three months. This allows each implant to have the best chance of integrating with bone. This involves not eating anything you cannot cut with a spoon - examples of suitable foods include scrambled eggs, yoghurt, shakes, pureed meals, fish or shredded chicken.



### Does All-on-4® look and feel real or natural?

The final All-on-4® bridge is made out of the same material that dental crowns are made out of so they are designed to match or mimic existing teeth so yes they will look and feel like the enamel of natural teeth.

Everything about the smile design process can be customised from the size, shape and colour of the teeth to how much tooth is displayed in your smile and how wide your smile is. A huge advantage of choosing a team that utilised a digital smile design protocol is that it allows you and Dr Kieran to co-design your custom smile on two occasions.

Initially, with the 3D Simulation and then again when we progress to the final bridge after you have worn the initial prototype for the first three months. We generally find the initial design is about 95% ideal and we only need to make slight adjustments for the final design.

### What is the failure rate of All-on-4® dental implants?

If your implant dentist is following the Malo Protocol then there is over 20-30 years of data on the success or failure rates of All-on-4® implants. The lower jaw has a slightly higher success rate as the bone is generally stronger compared with the upper jaw.

## In saying that, the upper jaw still has a 98% success rate.

It is important to remember that if an implant fails in the initial healing period it will be replaced at no cost. This generally does not mean you will lose your initial bridge, but it may just become shorter on one side until the replacement implant takes. This means there may be a delay getting the final bridge and you may have to wear your initial bridge for a bit longer.

### How long does the All-on-4® treatment take?

All the treatment is completed on the first day of surgery with the surgical time being about 2-3 hours and you will have the remaining teeth removed, implants placed and receive your entire new row of teeth that same day.

However, the entire process lasts about 5 months. It generally takes 2 weeks to plan the case and design your smile prior to the day of surgery. We need to wait 3 months from the day of surgery to ensure there is optimal healing and that the implants have integrated or permanently locked into the bone before we begin to fabricate the final bridge. The final Ceramic on Titanium bridge takes 5 weeks to make from start to finish because of the strength of the materials used.

Following delivery of the final bridge we prefer to review your cleaning and maintenance after 1 month of function to ensure there will be no long-term issues.

### What is the 'Malo All-on-4®' protocol?

This is the Gold Standard for All-on-4® and is the most validated protocol in clinical studies over the past 30 years. This protocol involves getting two bridges. Replacement of ALL teeth on FOUR dental implants on the SAME DAY with an immediate temporary FIXED BRIDGE that is worn during the initial gum healing and implant integration phase.

Following confirmation of successful implant integration and complete gum healing, a SECOND Bridge is fabricated that is significantly stronger, has a titanium bar to support it and serves as a definitive final long-term bridge.

### How do you compare All-on-4® quotes?

Most people are not aware that the term 'All-on-4®' is not a stock product or service. The final product can differ significantly from one clinic or franchise to the next and from one country to the next. 'All-on-4®' is a term used to describe a surgical protocol where a bridge is supported by only 4 implants, and all this is achieved in only one day. Some centres skip steps- like only using one bridge or use vastly inferior materials- like a ceramic bridge without the supporting titanium bar. It is in your best interest to be informed about exactly what you are getting before you make such a big commitment.

## What question should I ask when I am getting quotes for All-on-4®?

What clinics in and outside of Australia offer under the title 'All-on-4®' varies significantly in terms of the process, experience and the quality of the product being used. Questions I would ask to help understand what I was getting would be:

- a) What brand of implants am I getting? Only Nobel Biocare is specifically designed for this procedure and has over 20 years of scientific evidence behind their success rates.
- b) When do I get the initial bridge? Is it on the day of the surgery or is the clinic going to have to send it away to be made meaning you will have no teeth and no protection to the surgical site for 2-3 days.
- c) Are my extractions and sedation costs on top of the advertised All-on-4® quote? Ensure the quote you receive is the total amount you need to pay and there is no chance for variations if things do not go as planned during surgery?
- d) Do I get 2 bridges, or do I get the permanent one straight away? Meaning is my permanent bridge getting made after the implants have had time to integrate and gums completely heal or is it being made on the day after the surgery. It is important to ask what will happen if the gums shrink as they heal and food gets stuck under them or I am not 100% happy with the look of the teeth on the first attempt?
- e) What is the final bridge made out of? Bridges are made from different materials and should have a titanium bar to support it. The cost of the All-on-4® procedure with the final ceramic bridge without a titanium bar is the weakest option and costs \$15,000-\$20,000. The procedure with an acrylic bridge (with denture teeth) on a titanium bar ranges from \$20,000-25,000. The procedure with ceramic teeth on a titanium bar ranges from \$25,000-\$35,000.
- f) What is the cost to me if the final bridge chips, breaks or the teeth de-bond over the next 5-10 years? Teeth without a supporting bar have poor survival rates. Denture teeth and acrylic with a titanium bar have over an 80% chance of fracture or breakage in the first 10 years, that is why we recommend Ceramic on Titanium and it is the only option we offer for a single arch.

## What is the downside of All-on-4® dental implants?

Generally, speech takes a week or two to adapt to as the initial bridge is slightly thicker than natural teeth. The major downside we hear about is the cost. Without taking time to understand why the procedure is so expensive many people travel overseas to get the treatment done cheaper. Unfortunately, when we see what they get you are not comparing apples with apples.

We understand it is a very costly procedure and can assist by providing payment plan options or helping you access superannuation on compassionate grounds. The reality is, if we could make things cheaper and more accessible we would but your mouth and teeth are a hostile environment and are used often generating significant loads so they need to be engineered with the highest quality components to be successful long term.

## How much do All-on-4® implants cost in Australia?

In Australia, the All-on-4® treatment varies in cost depending mostly upon a) the brand of implants that the dentist uses and b) the type of material that the final bridge is made from.

- a) For example, some implants from China can cost as little as \$99 while others that were designed specifically for this procedure and have over 20 years of evidence behind them can cost the dentist up to eight times more.
- b) The cheapest option is a Zirconia bridge without Titanium to support it under load. You can get this for under \$20,000, but the long-term success is limited by the material used.
- c) The next option is an acrylic bridge with denture teeth supported by a titanium bar and this option ranges from \$20,000 - \$25,000.
- d) The gold standard and strongest and most aesthetic option is the Zirconia bridge with custom milled titanium bar that costs between \$25,000 and \$32,000.

## Are full mouth dental implants worth it?

The appreciation and gratitude patients show when they get their final fixed bridge is inserted is the most rewarding part of the procedure. It is truly a life changing procedure and something we love providing for our patients. The majority of our referrals are from families and friends of patients who have had the procedure, so we have no doubt this is something our patients feel is worthwhile.

### How do I access super for my All-on-4® treatment?

There are two ways to access superannuation on compassionate grounds for chronic medical conditions like edentulism that require comprehensive treatment like All-on-4®.

1. You can do it yourself and log onto the ato.gov.au website that will explain the process and terms and conditions and provide template your GP and Dentist will need to complete. This process generally takes about 3 months from the time you apply to the time the ATO deposits the money into your bank account.
2. Alternatively, you can use a third party like 'SuperCare' who can fast track the process into 4 weeks and do all the behind the scenes work for you for a fee of \$700.

Ask our team after your consultation. We are happy to help and support you with whichever option you chose.

### Why not go overseas and get the All-on-4® procedure?

The cost difference is due to the TGA requirements in Australia compared to Asia or India and the choice of materials and labs used by the surgeon you choose.

The costs associated with using reputable implants with a Zirconia bridge with custom milled titanium bar account for over half the fee you are paying a dentist in Australia. Cheaper parts not designed for the job or that have inferior strength properties will result in more complications with the final product.

This is something that is not easy to fix when you have returned to Australia. This is something we would see on a weekly basis in our clinic in the Northern Rivers.

### Can food get under your All-on-4® dental implants?

After all extractions, the gum and bone shrinks around where the tooth used to be. We think of this like the 'use it or lose it' principle with muscles - if the stimulus is no longer there, then the muscles will waste away.

This is why we ONLY perform a 2-bridge protocol. The initial bridge fits perfectly for the first 4-6 weeks but as the gum shrinks spaces can develop under the bridge as the gums shrink and heal. We wait three months before we rescan the tissue to fabricate a new final bridge as it is the only way to guarantee the final bridge will have no spaces where food can get stuck. This is because the under surface of the bridge is fitted with firm tissue pressure onto the gum underneath preventing food debris from getting stuck when you chew and eat.

### How do you clean under All-on-4® implants?

The bridge will not allow air or food underneath, but plaque will develop over time and this needs to be cleaned off like when it developed on your original teeth. Every patient gets a Water-Pik as part of the treatment and are taught to clean under the bridge by Dr McNamara and again by our Oral Health Therapist once all the treatment is complete.

### How many teeth do you get with All-on-4®?

The number of teeth you get is 10-12. The number depends on how far back we can place the most rear two implants. This means you will have the 4 incisors, a canine then 1-2 premolars and a molar. Either number is ample for chewing purposes and certainly does not leave a visible gap behind your last teeth in your smile. The reason for 10-12 is that there is anatomy that may limit how far back we can get the implants and a 3D CT scan is the only way to know exactly how many teeth you can have with certainty. This treatment concept cantilevers the back molar plus 1 or 2 premolars off the back implant to get as many chewing teeth as possible. The limitation is the force that is generated on the back implant by the length of the cantilever when you chew.

### Do they put you to sleep for All-on-4® implants?

This decision is always and only ever based on the patients' needs and preferences.

It is important to be aware that long-acting strong local anaesthetic is used so no pain is experienced during the procedure.

Some people prefer to be asleep, so they have no memory of the surgical aspect of the procedure. A general anaesthetic is something we can offer at Daley Street Dental as Dr McNamara works out of St Vincents Private Hospital in Lismore and has a visiting anaesthetist who can provide Intravenous sedation at the dental clinic in Alstonville. However, most patients choose to get treatment in the chair with oral sedatives like Lorazepam or Nitrous Oxide sedation ('happy gas').

This is generally because the procedure is only about 2 hours, pain free and incurs no additional cost compared with general anaesthetic. Feedback from our returning patients receiving the same treatment for their opposite jaw, all have opted to have the procedure performed the same way again. Experience tells us this is all that is required unless you have a severe phobia associated with dental treatment. Whatever your decision, we can support your choice.



**[DaleyStreetDental.com.au](http://DaleyStreetDental.com.au)**