

Immediate Load on the Edentulous Mandible: Treatment Planning Considerations

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The submerged 3- to 6-month healing phase, while considered a conditio sine qua non for successful osseointegration, was eventually described as empirical.¹ The effectiveness of immediately loading the edentulous mandible within 1 week² has been established in recent literature.²⁻⁶ This provides several advantages, such as immediate restoration of function, decreased number of patient treatment visits, and reduced morbidity of a second surgical intervention;⁷ however, controversy persists regarding whether treatment with immediate loading on the edentulous mandible improves patient satisfaction and cost effectiveness, in comparison with conventional implant treatment protocol.^{7,8} In fact, increased complications have been reported when an immediate loading approach was used for both removable and fixed designs, compared to the conventional time-to-loading protocol.^{7,9} Moreover, although there is a large body of information on the clinical success of various loading modalities, there are few studies reporting parameters such as quality-of-life (QoL) and overall patient satisfaction.6-8,10

It is not uncommon for patient-centered outcomes to be documented without controls, as in a 1-year study on immediately loaded (IL)-fixed prostheses.¹¹ When a recent longitudinal investigation did include controls, similar outcomes in QoL were demonstrated for bar-retained implant overdentures, loaded immediately or conventionally.¹² Furthermore, differences in prosthetic protocol have added to the heterogeneity of the research. For example, provisional immediate loading has been used by some investigators with both fixed and removable

Abstract

Immediate load protocols for the edentulous mandible offer the patient many advantages in terms of decreased number of visits, improved early function, and reduction of surgical exposure; however, this treatment modality is not universally appropriate for all patients. The available evidence will assist the clinician in developing a customized and comprehensive informed consent. Patient selection and patient-mediated factors will dictate the suitability of not only a fixed or removable prosthesis, but also whether immediate loading would enhance the cost/benefit ratio. The indications, objective and subjective patient considerations, and design strategies are discussed for the immediate load scenario.

> designs. De Bruyn et al⁹ delivered a relined denture immediately after implant surgery, 1 month before the definitive fixed restoration was installed. Cooper et al¹³ placed high-profile healing abutments on two interforaminal implants and provisionally loaded them with an overdenture relined with tissue conditioner for 3 months, before final ball and socket connection. Ormianer et al¹⁴ provisionally loaded a two-implant overdenture by placing a flexible polyether lining in the metal housings over ball attachments for 3 months, before the plastic retention cap was attached. Castellon et al¹⁵ compared the advantages of delivering an interim or definitive restoration in the immediate load scenario.

> Even though the methodological rigor of the evidence has not been strong, and the treatment outcomes have mostly been surrogate and less patient-centered, there has been momentum to apply a universally superior design/loading modality;¹⁶⁻¹⁸ however, patient selection and patient-mediated factors should be considered to determine a customized treatment plan and comprehensive informed consent for the implant restoration of the edentulous mandible.¹⁹ Indications for immediate load on the edentulous mandible include functional, anatomic, and psychologic factors;²⁰ however, the medical status, loading forces, anatomic/surgical presentation, and level of oral hygiene will dictate the patient's candidacy.²¹ Furthermore, fixed and removable implant designs each have their own advantages and disadvantages in terms of retention security, hygiene access, facial and dental esthetics, application in unfavorable occlusal relationships, and initial and long-term costs.²²

This article discusses factors to consider in selecting an ILfixed complete denture or overdenture prosthesis for the edentulous mandible.

Indications

Patients requiring extraction of their remaining teeth often struggle with both the challenge of wearing an immediate denture and grief over tooth loss. Those who are transitioning from a dentulous to an edentulous state would benefit functionally and psychologically from the auxiliary retention of an IL restoration, which feels more like their own teeth.²³ Compromised hard and soft tissue anatomy as well as a retruded tongue, high muscle attachments, and/or hyperactivity of the floor of the mouth often predispose patients to denture instability and soreness.²⁴ An immediate load prosthesis would offer superior patient function and comfort during the healing period of implants. This treatment modality also could, without delay, rectify somatogenic gagging, which may result from mobile mandibular dentures due to xerostomia or other local factors.²⁵

Patient selection

Host-related risk factors include those conditions that would compromise either wound healing capability or implant stability. Metabolic diseases that directly affect bone metabolism. such as osteoporosis/osteopenia or hyperparathyroidism, may interfere with the cascade of angiogenesis, osteoprogenitor cell migration, woven bone scaffold formation, and deposition of lamellar bone.²¹ Patients with diabetes, heavy smoking habits (>20 cigarettes/day), history of therapeutic radiation to the head or neck, bone augmentation to the implant site, history of drug/alcohol abuse, or current treatment with antiblastic chemotherapy or steroids, are generally excluded from the immediate load protocol.^{2,26-28} Heavy parafunctional forces may generate more than 15 times the amount of bite force used during eating and may be sustained for many hours.²⁹ While there is insufficient evidence to directly link occlusal overload to the failure of IL implants, heavy bruxers and clenchers have been reported to be poor candidates for this treatment.^{21,30} Poor oral hygiene has been associated with more bone loss in an IL protocol;^{4,31} however, the long-term impact of poor oral hygiene with roughened implants has not been established.³²

The quality and quantity of native bone will play an important role in determining the predictability of the immediate loading success. Even when a conventional approach is chosen, Jaffin and Berman³³ have shown more than ten times the implant failure rate in type IV bone as opposed to type I-III bone. The anterior mandible, however, presents with predominantly type II bone (850–1250 Houncefield units),^{34,35} and therefore the dense bone type will present several advantages for immediate loading. The cortical lamellar bone will heal with minimal interim woven bone formation, and the reduced porosity (<10%) favors good bone strength and better mechanical interlocking, in comparison to soft cancellous bone.^{21,36}

A number of authors have recommended that IL implants be at least 10 mm in length;^{5,37-39} however, this admonition should be weighed carefully, as these studies were conducted on machined implants. Implant surfaces with roughness ranging between 0.9 and 1.5 μ m seem to enhance cell differentiation and bone deposition during the early phase of healing, and enlarge the surface area.^{40,41} This appears to be helpful when the bone in contact with the implant surface goes into necrosis and remodels with newly formed bone from the host bone toward the implant, between the first and second week.⁴² The roughened surface significantly increases the initial stability and continues to have higher ratings of stabilization for up to 3 months when measured with resonance frequency analysis (RFA);⁴³ however, the impact of surface modification on critical length and width of implants is yet to be determined.

Surgical protocol

One method for decreasing the risk of immediate occlusal overload is to have more vital bone in contact with the implant surface by decreasing the surgical trauma at implant placement.⁴⁴ Causes of surgical trauma include thermal injury. A 2500-rpm drill produces less heat than a 2000-rpm drill.²⁰ Other factors related to heat generation within the bone while drilling include amount of bone prepared, drill sharpness, depth of osteotomy, variation in cortical thickness, and temperature and solution chemistry of the irrigant.⁴⁵

For the IL implant, primary stability has been underscored as essential for predictable osseointegration.^{46,47} The degree of primary stability after implant placement is dependent on factors related to the properties of the bone, the design of the implant, and the surgical technique.⁴⁸ Brunski⁴⁹ noted that micromovements of more than 100 μ m are sufficient to jeopardize healing with direct bone-to-implant contact. Increasing the peak insertion torque values reduces the level of implant micromotion.⁵⁰ An optimal range of 45 to 60 Ncm insertion torque value has been proposed,^{20,37} however, other immediate load researchers have deemed 20 Ncm sufficient for a minimum insertion torque in their inclusion criteria.⁵¹ An alternative approach is to use a reverse torque test of 20 Ncm⁵² or RFA values, a technique used extensively to evaluate initial fixation.^{53,54} Nedir et al⁵⁵ assessed implant stability using RFA for both delayed-loaded (DL) and IL implants after 1 year. They found that implant stability quotients of 49 and 54 were predictive for achieving and maintaining osseointegration for the DL and IL, respectively.

Modifications in surgical technique have been presented to enhance primary stability; however, due to the heterogeneity of relevant studies, the potential advantages of these protocols have not been clearly established.⁶ Furthermore, the healing capacity of the anterior mandible may override the benefits of such methods as underpreparation of the osteotomy site,^{56,57} avoiding countersinking and/or tapping,⁵⁸⁻⁶⁰ using the osteotome technique,⁶¹ and engaging the cortices where available to provide bicortical stabilization;⁶² however, in patients with more unfavorable jaw morphology, these modifications may improve the prospect of osseointegration.³¹

Perhaps even more important in terms of surgical technique is the operator skill in implant placement. The implant failure rate of inexperienced surgeons is almost twice that of those who have placed more than 50 implants.⁶³

Design considerations

Patient-mediated factors

The decision to restore a patient with a fixed or removable design with implants in the interforaminal region is contingent on a number of objective and subjective factors. In patients with marked resorption of the posterior mandible, a fixed implant complete denture, as opposed to an overdenture design, may not only preserve bone, but also regenerate posterior bone.⁶⁴ Jacobs et al⁶⁵ demonstrated with orthopantomogram measurements that a bar overdenture design induced two to three times the posterior jaw bone resorption, compared to a fixed complete denture after 2 years of service. Furthermore, Davis et al⁶⁶ reported appositional bone growth in the posterior residual ridge. 15-mm distal to the terminal implant, in 29 of 33 edentulous patients restored with a fixed implant complete denture after 6 years. Wolff's law may explain this phenomenon. When a load is focused on the anterior mandible and the closing and opening musculature is at work, a bending moment is created in the functioning mandible, thus producing superior surface tension forces and stimulating osteoblastic activity.⁶⁷

A fixed prosthesis may also be the design of choice on the mandible when there is evidence of considerable resorption in the premaxilla region. Kreisler et al^{68} found continuous maxillary ridge resorption, over an 8-year follow-up period, when a resilient bar overdenture was used. On the other hand, Henry et al^{69} demonstrated no significant increase in flabby tissue in the premaxilla region over 10 years when patients were restored with a fixed implant complete denture opposing a conventional maxillary denture. Similarly, Gupta et al^{70} also found an insignificant mean annual loss of 0.17 mm in the maxillary anterior ridge height in patients similarly restored with a fixed implant restoration.

Patients with temporomandibular joint (TMJ) dysfunction may be best treated with a fixed design. Bergendal and Magnusson⁷¹ found a decrease in moderate-to-severe joint symptoms in a 3-year study, after restoration with a fixed implant prosthesis. Maintaining posterior stops appears to be related to TMJ stability in denture patients.⁷² On the other hand, mandibular implant-retained overdentures have been shown to have a hinging effect, contributing to posterior residual ridge atrophy and loss of posterior occlusal contact.⁶⁵

Unfavorable maxillomandibular relations may dictate selecting specifically a removable or fixed implant design in a completely edentulous patient. For example, a removable design would optimize occlusal stability for a Class III malocclusion, while a fixed design would center the occlusal contacts mainly in the anterior region and lead to an unstable maxillary denture and increased resorption in the anterior area.⁷³ In a retrognathic patient, a resilient overdenture is contraindicated because of rotation around the fulcrum between the two implants during anterior biting. On the other hand, in a patient with jaw size discrepancies, the overdenture design would permit more latitude in idealizing the occlusal interdigitation of the teeth.⁷³

A guided, open-ended interview process is effective in eliciting subjective patient concerns regarding treatment outcomes.⁷⁴ In a crossover study, Feine et al⁷⁵ found that 50% of the patients chose a removable design in favor of a fixed prosthesis because of facial esthetics, comfort, and ease of cleaning. For example, if the patient was formerly wearing a flanged prosthesis, maintaining facial scaffolding and preventing cheek biting may be a high priority. Hygiene access for the geriatric population with dexterity limitations could also be a strong factor in choosing a removable design. On the other hand, when retention security and chewing hard foods is critical to the patient, a fixed design is indicated.

Finally, cost may be an overriding consideration for the patient, not only in the choice of a fixed or removable design, but also in selecting an IL or a conventionally loaded restoration. Both the initial cost and the maintenance burden have been determined to be higher with a fixed as opposed to a removable implant prosthesis, when evaluated with a long-term follow-up period of 15 years.⁷⁶ Also, when comparing implant survival and prosthetic stability of the IL-fixed restoration with the two-stage Branemark protocol, the results seem to be inferior.⁷⁷ While there is a paucity of studies on the prosthetic complications of IL removable prostheses on the edentulous mandible,^{6,8} the bar/clip overdenture design is associated with higher maintenance costs, with resultant higher total costs, in comparison with a standard loading protocol.7 Clip dislodgement, tooth fractures, and need for acrylic resin addition/reline were most frequently found; however, the short-term data (1-year) on freestanding abutments supporting an IL overdenture did not demonstrate a higher aftercare burden than the conventional approach.⁵¹ The prospect of both reduced costs and surgical exposure with an IL overdenture, using one or two solitary abutments, is encouraging for patients with limited financial means and/or medical reserve.

The overdenture prosthesis

The permutations of IL implant overdenture designs offer the practitioner an array of options to meet patients' needs. Over 20 years ago, Babbush et al⁷⁸ published an article describing immediately loading four implants placed in the interforaminal region, rigidly splinted with a metal bar, relined with a soft liner within 2 to 3 days, and finally restored with clips 2 weeks later. The authors reported an 88% implant survival after 8 years. Since then, a number of investigators have used the four-implant design connected with a rigid bar and loaded the definitive clip-retained overdenture within 2 to 3 days, achieving higher implant survival (in the upper 90%), with up to an 8-year followup;^{18,26,27,79} however, other researchers have tested the premise that the design of four implants splinted with a bar is necessary to support an IL overdenture. Stephan et al⁸⁰ conducted a 2-year study that demonstrated comparable results with the delayed approach when immediately loading an overdenture retained by three implants splinted with a bar. Stricker et al¹⁰ reported 100% implant survival with a similar loading protocol and follow-up time, but used only two interforaminal splinted implants.

While Akca et al⁸¹ have demonstrated with strain gauges on human cadavers that splinting of two interforaminal implants significantly reduces bone tissue strains in comparison with unsplinted implants, clinical research has not validated these results. Ormianer et al¹⁴ reported a 96.4% 12- to 30-month implant survival when an unsplinted anchorage system was used. Marzola et al⁵¹ achieved 100% implant survival in a prospective 1-year study on immediately loading two implants supporting a ball attachment-retained overdenture. The investigators emphasized precise adaptation and equilibration of the denture before the surgical procedure, minimal flap reflection with no buccal elevation, no prosthesis removal for 1 week, and a soft diet.

Furthermore, a freestanding symphyseal implant IL was evaluated in a preliminary study, following patients with a mean age of 70 for 1 year.⁸² The implant survival rate was 100% for 25 patients, with implants achieving primary stability. The reporting of low maintenance problems lends itself to favorable implications regarding cost effectiveness of this design, albeit for selected patients with reduced functional loads.

The fixed implant complete denture

In 1996, Branemark and colleagues introduced an IL-fixed rehabilitation design for the edentulous mandible, using prefabricated surgical and prosthetic components, for patients with specific jaw morphology and jaw relations. Their first report using the Branemark Novum concept demonstrated a 98% implant survival rate with a follow-up of 6 months to 3 years, when treatment was completed in 7 hours from implant surgery to connection of final prosthesis;¹⁶ however, other investigators, also evaluating this protocol over a similar study period, raised concerns regarding a prosthetic failure rate of 13%.⁸³

Schnitman et al⁵ developed a protocol to address the problem of losing an IL implant leading to catastrophic loss of the prosthesis. They placed several implants in the mandible, but IL only three implants for support of a fixed prosthesis in a tripod design. A 10-year retrospective study reported a 93.4% survival rate for all implants. The use of a denture conversion technique gained popularity as a transitional prosthesis that could be immediately attached to three to four implants with primary stability, well spaced around the submerged implant(s), on temporary cylinders.⁸⁴ An existing complete denture prosthesis is retrofitted, flanges removed, coping height reduced, and the cantilever shortened to the second premolar.⁸⁵ The advantages of this IL transitional prosthesis are manifold. It can be fabricated in a few hours chairside; patients can evaluate speech, esthetics, comfort, and the fixed versus removable design; and there is no pressure to fabricate the definitive prosthesis before healing and patients' concerns are resolved.

Malo et al¹⁷ originally followed a similar protocol of placing rescue implants for two-thirds of their patients, and loading four implants in the "All-on-Four" concept, using tilted distal implants. Capelli et al⁸⁶ indicated that IL tilted implants may achieve the same outcomes as upright implants. The "Allon Four" prostheses achieved a 98.2% implant survival in the group without rescue implants, but caution should be exercised as this study had only a 6- to 12-month follow-up. The authors recommended reinforcement of the acrylic prosthesis to prevent fracture, although they reported few complications in this group. Other investigators have followed a protocol of placing more than four mandibular implants, which were all IL, and have reported a 98.9% implant survival with a fixed implant prosthesis, monitored up to 48 months.⁸⁷ Nonetheless, further prospective studies and longer follow-ups are required to assess the limitations of this protocol.

Finally, the use of computer-assisted virtual treatment planning and flapless surgery to immediately load a fixed prosthesis in the edentulous mandible has been reported in two recent investigations.^{88,89} Higher surgical and technical complications have been reported with this procedure on the edentulous mandible, in comparison with other immediate loading protocols mentioned. Technique sensitivity has been underscored. The present studies also suffer from a small sample size, short follow-up time, and lack of standardization in technique and use of components. Future studies on the immediate load protocol for both fixed and removable designs on the edentulous mandible with improved methodological design and patientcentered outcomes will strengthen the evidence available to the clinician and establish more predictable treatment planning algorithms.

Conclusion

An array of implant prosthetic designs is available for restoration of the edentulous mandible. Within the limitations of the present studies, the available evidence will aid the practitioner in assessing the cost/benefit calculus in treatment planning a fixed or removable design modality, with or without immediate loading protocol. Patient selection and patient-mediated factors are essential in developing a comprehensive informed consent and maximizing improvement of QoL outcomes.

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