

MARCH 2021

# SMILE STORY

A FLAGSHIP INITIATIVE OF SUJAY'S DENTAL CARE



**1000+**  
**Implants Placed**

A JOURNEY, NOT A DESTINATION.

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AT SUJAY'S DENTAL CARE



EVERY SMILE HAS A STORY BEHIND IT



 000+  
Implants  
Placed

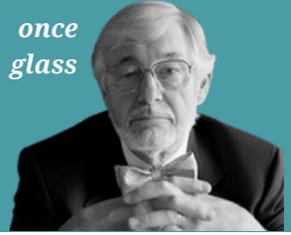
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# Enhancing The Quality of Patients' Lives, One Implant At A Time

*Prof. Branemark, Father of Dental Implantology, once remarked that "No one should die with their teeth in a glass of water." This ideology has immensely inspired Dr. Sujay and fueled his vision to make dental implants a mainstream procedure.*



The Chinese philosopher Lao Tzu said, "The journey of a thousand miles begins with a single step." And we took that first step when we did our first implant on March 9th, 2011.

What started as an idea, a passion in Dr. Sujay Gopal's mind, is now a reality. We are proud to announce that we have now successfully completed our "1000 implant journey."



A decade ago, implants were not as popular as today and were considered a high-end dental procedure. It took us some time to convince patients about what a worthy investment it was.

At Sujay's Dental Care, we believe in educating a patient about a procedure in detail as it should ultimately be the patient's choice to go for it or not. This approach has proved ideal as we have patients opt for implants with an open mind and cooperate actively.

## 500 Implants Mark:

Slowly but surely, we reached the 500 implants mark on October 14th, 2018.



During our journey to this milestone, we learned a lot.

With every implant, we explored ways in which we could make the experience better for the patient. We focused on techniques to reduce healing time, improve aesthetics, and so on.



Prof. Branemark, Father of Dental Implantology, once remarked that “No one should die with their teeth in a glass of water.” This ideology has immensely inspired Dr. Sujay and fueled his vision to make dental implants a mainstream procedure.

Dr. Sujay recognized the potential of dental implants that could help patients of all ages. Therefore, Dr. Sujay and his team are actively creating awareness and confidence in patients to take up this procedure.

### **1000 Implants Mark:**

We are happy to say that it took us only two years to move from 500 implants to reach the 1000 implant milestone. This achievement happened due to the success rate that we consistently achieved of around 98%. Our endeavor to create awareness about implants also proved fruitful.

To inspire confidence in dental implants, we started publishing weekly “Smile Stories” of patients who had undergone implant procedures. Reading about the experience has helped patients understand the process and the positive results.

More patients are now open to implants, and thus, we have used implants to improve the functionality, appearance, and comfort of patients positively.



### **Understanding Dental Implants:**

Dental implant technology is a modern tooth replacement solution. It makes tooth replacement possible even in patients for whom tooth replacement was not an option with traditional dental technology. A dental implant consists of a titanium root that dentists insert into the jaw bone. This implant acts as a support to place artificial crowns, dentures, or bridges. The beauty of an implant is that it replicates the tooth structure and can last a lifetime.



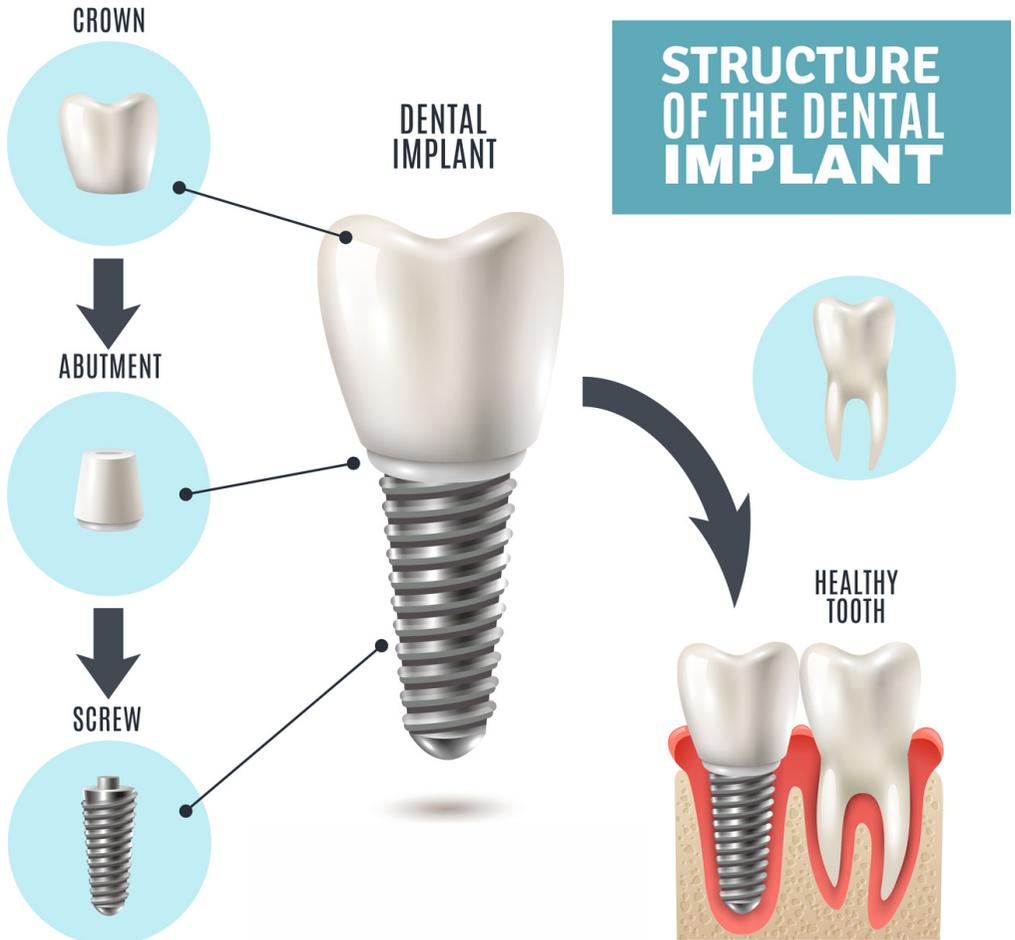
Dental implants are used when a patient has a single or multiple missing teeth. It is also used as a support to place dentures or bridges.

This state-of-the-art dental technology is a godsend for patients as it gives the look and feel of natural teeth. It overcomes the disadvantages of bridges like bone loss and damage to adjacent supporting teeth.

Dental implants are highly versatile and find usage in patients with a variety of dental conditions. In Sujay’s Dental Care, we have placed implants in patients of ages 18 years to 82 (male) and 80 (female), which is noteworthy.

## What are Dental Implants?

Dental implants are replacement tooth roots. Dental implants are the closest you can get to healthy, natural teeth. Implants provide a strong foundation for fixed (permanent) or removable replacement teeth that are made to match your natural teeth.



## Vision For The Future:



We are motivated by the success rate of dental implants and how they transform the quality of a patient's life. We endeavor to do more implant placements in the future. Today, Sujay's Dental Care is known for clinical excellence, which innovates from the get-go on both processes and materials, leveraging economies of scale.

Dr. Sujay anticipates that with the popularity of implants, dental clinics can derive benefits from the economies of scale. This could lead to the reduction of implant cost by nearly 20%. His vision is to make implants affordable for all patients. Dental implants are the future, and our team recognizes this.

Dental implants for cosmetic dentistry to implant-supported dentures, we have the expertise to meet every patient requirement. Our focus is on quality excellence with compassionate care.

At this happy juncture, we would like to commend the efforts of our dental team. This success would not have been possible without their persistence and hard work. A big thank you to the staff at Sujay's Dental Care.

We would like to thank each and every doctor and supporting staff who had been a part of us earlier.

Dental implantology is a growing field, and we are committed to bringing our patients the best treatments in the future. We aim to provide implant treatment at an affordable price. We are excited about the future and will continue serving our patrons to the best of our ability.

We would wholeheartedly like to thank our patrons who have placed confidence in our dental care. Sujay's Dental Care is here to serve you with all your dental problems.

On this joyous occasion, we bring you a booklet called "SMILE STORY". Please feel free to subscribe it to read our smile stories.

If you have any questions about dental implants, contact us to see if implants are for you.

Now you can avail our online dental consultation to get expert advice from our doctors.



**Consult Your Dentist  
Online Also**

**Book an Appointment Now**

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# What Are Sugary Drinks Doing To Your Teeth?

As we know, the importance of taking care of our dental health, and for this, we follow various dental routine such as brushing, flossing, dental cleanup, etc. But do you know what you are eating is equally important? There are a lot of foods and beverages which have a worse effect on your teeth. No matter how much you are taking care of your teeth by following dental routines, having such foods may hinder your overall dental care.

There is a long list of such foods & drinks, and one of them is definitely a sugary drink such as soft drinks, fruit juice, hot cocoa, energy drinks, flavored water, and the list goes on. Consuming these drinks can cause various dental issues, for instance, bad breath, gum disease, dental cavities, and tooth decay.

## **Impact of Sugary Drinks to your teeth:**

Let's face it, sugary drinks have a high level of sugar and when taken in excess can have a bad impact on your health but even you consume it occasionally it can have a bad effect on your oral health. When you drink any of these drinks, the sugar present in the drink interacts with the bacteria present in your mouth and form acid. Ultimately, this acid starts eating some of the enamel on your teeth, which makes your teeth weak, making it sensitive and painful. If the loss of enamel is regular, it leads to cavities. Sugary drinks are one of the most common



dietary causes of tooth decay, and therefore, it is very to limit you sugary drinks intake to have long term health of your teeth.

## **Preventions you can take to avoid the damage:**

Sugary drinks are go-to drinks when it comes to quenching your thirst. But It is very important for you to know that they are made up of only sugars, and we all know the impact of sugar on our overall health as well as on our oral health. Therefore, making a smarter choice can help you and your family preventing such damages.



The first and foremost thing you can do is avoid such drinks whenever possible. There are various other alternatives to quench your thirsts, such as coconut water, plain water, milk, or natural fruit juice. Having natural fruit juice is the best way to give a bit of sweetness but in a healthy way.



There are times when you can't avoid having sugary drinks or allowing your children to have them. After having these drinks, make sure to rinse your mouth and remove remaining sugar. Invest in toothpaste and mouthwash that contains fluoride. Fluorides strengthen tooth enamel and prevent tooth decay. This can also reverse the damage caused by these drinks. Fluoride may also directly applied to your teeth by your dentist if needed.

### Other tips to avoid tooth decay:

1. Avoid drinking soft drinks before bedtime – If you do so, the liquid will coat your teeth with sugar and acid.
2. Use a straw – Using straw will protect your teeth from sugar and acid.
3. Get regular dental cleanups – regular checkup will identify the problems and will be treated sooner.

To conclude, sugary drinks are not good for your teeth, and it is the best decision to avoid them altogether. However, if it is not possible to avoid, make sure you and your family consume it in a moderate amount. To prevent any long term issues, it is highly recommended to always schedule a dental checkup with your dentist to avoid any tooth decay and ensure it has been treated properly.

**- Dr. Sujay Gopal** BDS, FICOI (USA)  
Dental Surgeon & Implantologist  
Director - Sujay's Dental Care



# 1

SMILE STORY

## We Promised Her Freedom From Pain, & We Delivered It.

*Many people don't give enough importance to oral health. They approach a dentist only when they have a problem. Sometimes, the problem reaches such proportions that it requires surgery to deal with it.*

Anjali put down her phone. It was her aunt on the line, calling to find out how she was feeling. After a long time, she had a smile on her face. She had a full smile with her lips parted. Finally, she was free of pain.

Things were not always like this. A few months back she was in severe pain and feeling depressed. The thing was that Anjali (name changed for privacy) had developed an abscess involving her four front lower teeth. The infection and swelling had increased so much that the teeth also got loose. The redness and pain got worse as the days went by.

Anjali could feel the teeth shake when she touched them with her fingers or tongue. The pain was excruciating, making it impossible to eat, drink, or even open her mouth. She wanted a treatment that could give her complete relief. She then visited our clinic for a checkup. Our specialist dentist examined her thoroughly. We found that she had developed a cyst near her four front teeth, and unless we started treatment immediately, the pain and pus formation would not stop.

Our plan of treatment was to remove the four front teeth so that we could reach the cyst and clear it. An implant also had to be put in to replace the extracted teeth.

Preoperative Frontal View



The dental practitioners at Sujay's Dental Care always believe that educating a patient is as crucial as giving treatment. An informed patient cooperates better.

Preoperative OPG



Our dentist explained the treatment plan and surgical procedure in detail, and Anjali agreed to undergo the procedure.

On the day of the procedure, Anjali was very nervous as she had to have four teeth removed. Our dentists reassured her that she was in good hands. They said that after the treatment, she would have complete pain relief.

Anjali received local anesthesia to the area that we had to treat. With great attention to hygiene, we extracted the four front teeth and treated the cyst. We cleaned the whole area thoroughly, placed implants, and the procedure was completed.

A follow-up appointment was given after three days so that we could check the healing. After one week, we removed the sutures. Later an appliance was placed so that we could insert artificial teeth in the place of the removed teeth.

Anjali was very pleased with the procedure as her pain had come down, and the area had healed. She was relieved that finally, her suffering had come to an end.

**Postoperative Essix Appliance In Place**



At Sujay's Dental Care, we come across patients every day suffering from pain and swelling in their teeth for various reasons.

Why suffer when all you need to do is visit your dentist. A dentist can pinpoint the exact reason for the pain and swelling and give you expert advice.

**Postoperative OPG**



Many people don't give enough importance to oral health. They approach a dentist only when they have a problem. Sometimes, the problem reaches such proportions that it requires surgery to deal with it.

Another reason we see people not going for dental checkups is anxiety that the treatment will be painful. But isn't it always better to treat a problem in its initial stages rather than wait for it to grow big?

The dentists at Sujay's Dental Care have extensive expertise in dealing with all kinds of dental problems. We also understand the psychology of patients and give them the best possible care.

# 2

SMILE STORY

## How Oral Health is Equal to Overall Health in Elderly Patients

*Ageing is a natural process, and like other organs, the teeth also deteriorate. It is more important to look after dental hygiene in older patients as plaque deposits and cavities increase with age.*

We hope this headline has caught your attention. One of the often neglected aspects of healthcare is dental care in elders. Many people fail to recognize the dangerous effects of ignoring dental problems in the elderly. Dental health is of utmost importance in older patients as is their physical health.

Older patients are at a higher risk of tooth and oral infection. With age, this can lead to loss and damage to their teeth. Broken and carious teeth not only affect the appearance but the ability to eat and speak properly. Also, there are greater chances of the infectious organisms from the mouth entering the bloodstream and affecting the functioning of other vital organs in the body like the heart.

Preoperative Frontal View



Today, we would like to bring to you a story of an elderly patient, Sanjay (named changed for privacy). He first consulted us with a chief complaint of badly broken teeth in the upper arch.

Sanjay had undergone previous treatment for his damaged teeth. Unfortunately, the treatment did not last long, and his teeth further deteriorated. Also, he was not happy with the function.

Preoperative OPG



The patient found it extremely difficult to chew the food. His speech was affected as he had lost most of his teeth. It was agonizing for the patient as he struggled to eat healthy, nutritious food. His health also deteriorated due to this.

Our team of doctors examined the patient's oral cavity thoroughly. They explained the problem and assured the patient that it could be easily treated.

The treatment was started, and the patient cooperated fully by following our instructions. Also, he regularly attended all clinic appointments required for the procedure.

The first dental implant surgery was done under safe and aseptic conditions. Utmost care was taken to ensure that the procedure was successful. After all the required steps were carried out, we provided dentures to the patient.

Postoperative OPG



Follow-up appointments were given to the patient to check the fit of the dentures. After a few weeks, the patient was extremely happy as he got adjusted to the implant-supported dentures.

His ability to chew the food and his speech improved dramatically. His family was also satisfied that now his health and nutrition would be better.

Ageing is a natural process, and like other organs, the teeth also deteriorate.

Postoperative Frontal View



It is more important to look after dental hygiene in older patients as plaque deposits and cavities increase with age. Due to poor and broken teeth, the patients start eating soft and easily chewable foods which lead to malnutrition.

Also, many older patients go in for procedures like heart valve replacements and joint replacements, etc. If infections in the mouth are not treated, the bacteria can get mixed in the bloodstream and infect these implants also. This might lead to serious consequences.

It is time to take dental health in older adults seriously. If you or an elder in your family is suffering from dental issues, get timely treatment to avoid complications.

Sujay's Dental Care has qualified dentists who can treat any dental issue. Now you can avail our online dental consultation to get expert advice from our doctors.

So, take the first step towards dental health and book an appointment today. We are just a call away.



World Oral  
Health Day  
20 March



# BE PROUD OF YOUR MOUTH

Because good oral health can help  
you live a longer, healthier life



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# 3

SMILE STORY

## Dentures – A Viable Dental Treatment for Patients With Tooth Loss

*Dentures can help a patient's ability to eat, speak, and also maintain a smile. So, it is an excellent choice for people suffering from tooth loss.*

A perfect set of teeth is everyone's desire. Good dental health affects not only the appearance but also the overall health of a person. Teeth can deteriorate due to various factors like dental caries, accidents, medical illnesses, injuries, medications, and aging. Loss of teeth can adversely affect the ability to chew and eat food leading to poor nutrition. Patients often suffer from a lack of self-confidence in social situations due to an unattractive smile. Speech is also affected, causing slurred speech and lisping.

Preoperative Frontal View



Another detrimental effect often observed with tooth loss is that there is a movement of the other teeth in the jaw. This shifting of teeth creates spaces among the teeth leading to difficulty eating and chewing.

Also, the appearance of the jaw changes and affects the smile.

One of the popular treatments for teeth loss is dentures. Many patients opt for this treatment, as it is a viable option to replace natural teeth. But just getting dentures is not enough. Regular check-up to ensure the dentures are fitting well is needed for them to be useful.

Here is the story of a female patient, Vibha (name changed for privacy), who came to us with a problem related to her missing teeth and dentures.

Her main complaint was pain in her upper front and back teeth region.

Preoperative OPG



The patient was worried as she was unable to eat regular food daily. Inadequate nutrition started affecting her health.

When we examined her oral cavity in the clinic, we found that her upper teeth were in badly broken condition. She had already lost her lower teeth and was using a denture for her lower teeth.

The lower denture was causing a lot of problems in terms of functionality and maintenance. Being a removable denture, she found the lower denture tedious to use.

Vibha was anxious for a permanent treatment option for her missing teeth. After studying her case, our dentists suggested that the ideal treatment was an implant-supported overdenture.

We started her treatment under sterile and aseptic conditions. We placed implants in the upper arch. After the optimum healing period, we fabricated the denture and delivered it to the patient. Vibha was highly satisfied with this fixed denture. During the follow-up visits, she told us that the function and appearance of the denture was perfect.

### Implant Supported Complete Overdenture



The fit of the denture was comfortable, and it was also easy to maintain

She informed us that she could eat properly, and she was pain-free. The patient was appreciative of the treatment given by our dentists.

Like all bodily organs, teeth also see deterioration and change with time. Therefore, we recommend timely check-ups and treatment for good oral health.

### Postoperative Frontal View



Dentures can help a patient's ability to eat, speak, and also maintain a smile. So, it is an excellent choice for people suffering from tooth loss.

### Postoperative OPG



## About Sujay's Dental Care:

Sujay's Dental Care was established in the year 2009 and is located in Kathriguppe, Bengaluru. Over the past 11 years, Dr.Sujay Gopal and his team have provided world-class dental treatment at affordable rates to over 10,000+ patients. Today, Sujay's Dental Care is known for clinical excellence, which innovates from the get-go on both processes and materials, leveraging economies of scale.

### ALL TYPES OF DENTAL TREATMENTS UNDER ONE ROOF:

Our team at Sujay's Dental Care has been working tirelessly to provide the best dental treatment in Bengaluru using the latest and most advanced technology. We offer an unrivalled number of dental health services under one roof. From dental check-ups to specialist areas including dental implants, endodontics, orthodontics, periodontics and prosthodontics, whatever treatment a patient need or want can be carried out by our caring, expert team at our modern dental care facility.

### KARNATAKA'S FIRST NABH ACCREDITED DENTAL CLINIC:

Proudly we are the first dental clinic in Karnataka to get the NABH Accreditation. In the year 2019 we received the most prominent recognition from National Accreditation Board of Hospitals and Healthcare (NABH), a constituent board of Quality Council of India, New Delhi, for its quality and high standard services. Being Karnataka's 1st NABH Accredited Dental Clinic, we have adhered to the benchmarks established by NABH for the progress of the healthcare industry and providing the high standard services to the patient.

The commitment which we provide in implementing and following the strict list of over 600 distinct elements is what makes our dental clinic different from others. Here you will find the guaranteed quality of care and safety for each and every patient.



“ Healthy Esthetic Smile  
Is Our Mantra! ”

- Dr.Sujay Gopal



**Dr.Sujay Gopal** BDS, FICOI (USA)  
Dental Surgeon & Implantologist  
Director - Sujay's Dental Care

# What Our Patrons Say About Us?



"Dr Sujay Gopal is the best dental surgeon I have visited. He has good expertise and is a thorough professional. He explains in detail the treatment given. His clinic has all latest equipments and is maintained well. I highly recommend Dr Sujay for painless root canal treatment and implant. Unfortunately there are only 5 stars to rate."

- **Jyothi Kishore**



"I had severe dental problems and had horrible experience with dentist's. But now all of my dental problems are solved and i would love to tell all credit goes to Dr.Sujay. He is such a wonderful doctor i would recommend others to visit his clinic.Thanks Doc, you Rock."

- **Prashanth Kumar**





## Facilities Available

- WORLD-CLASS INFRASTRUCTURE
- STATE OF THE ART TECHNOLOGY
- DIGITAL HEALTH RECORDS
- EVIDENCE-BASED DENTISTRY
- OPG X-RAY
- DENTAL CONE BEAM CT
- INHOUSE DENTA LAB
- DENTAL TOURISM
- ONLINE DENTAL CONSULTATION



## Departments

- ORAL MEDICINE & RADIOLOGY
- ORAL & MAXILLOFACIAL SURGERY
- PERIODONTICS
- PEDODONTICS & PREVENTIVE DENTISTRY
- IMPLANTOLOGY
- CONSERVATIVE DENTISTRY & ENDODONTICS
- ESTHETIC DENTISTRY
- PROSTHODONTICS
- ORTHODONTICS



## Sujay's Dental Care

#55, 1st Block, 3rd phase, BSK 3rd Stage,  
Landmark – Opp.Kathrigup ape Water Tank,  
Bangalore - 560085

For Appointments

 98860 20029

## ORAL MEDICINE & RADIOLOGY

- Consultation - All Specialities
- X - Ray : OPG/CBCT
- Oral Cancer Diagnosis

## ORAL & MAXILLOFACIAL SURGERY

- Impaction/ Impacted Tooth Extraction/ Disimpaction
- Tooth Extraction
- Cyst Removal
- Minor Trauma Management
- Implant Placement

## PERIODONTICS

- Scaling / Polishing
- Root Planning
- Laser Assisted Gingival Curettage
- Periodontal Flap Surgery With & Without Laser Treatment/ Surgery
- Splinting of Avulsed Tooth
- Splinting of Mobile Teeth
- Operculectomy
- Frenectomy
- Correction of Tongue Tie
- Hemisection
- Bicuspidisation
- (Soft Tissue) Smile Designing

## PEDODONTICS & PREVENTIVE DENTISTRY

- Zirconia Crowns
- Dental Fillings
- Pulpotomy
- Space Maintainers
- Habit Breaking Appliance
- Stainless Steel Crowns
- Strip Crowns
- Reinforcement of Oral Hygiene Maintenance
- Pit and Fissure sealants
- Fluoride Application
- Myofunctional Appliances
- Corporate Dental Camps

## IMPLANTOLOGY

- Conventional Implants
- Immediate Implants
- Advanced Implants Surgery
- Full Mouth Rehabilitation Using Implants

## CONSERVATIVE DENTISTRY & ENDODONTICS

- Dental Cavity Filling
- RCT - Root Canal Treatment & Re RCT
- Endo Surgery or Apicoectomy
- Management of Tooth Fracture
- Bleaching
- Laser Assisted RCT
- RCT - Single / Multiple Sitting

## ESTHETIC DENTISTRY

- Cosmetic and Esthetic Treatment
- Composite Restorations for Diastema Closure
- Teeth Whitening
- Esthetic Management of Dental Flourosis
- Teeth - Jewellery
- Cosmetic Gum Treatment
- Smile Design
- Smile Makeovers
- Veneers / Laminates

## PROSTHODONTICS

- Acrylic Partial Denture
- Acrylic Complete Denture
- Overdentures
- Crowns and Bridges
- BPS Dentures
- Cast Partial Dentures
- Fixed Partial Denture (FPD)
- Flexible Partial/Complete Denture
- Post and Core
- Dental Implant Prosthesis
- Inlays and Onlays
- Stents and Splints
- Immediate Dentures
- Maxillo Facial Prosthodontics
- Full Mouth Rehabilitation

## ORTHODONTICS

- Invisible / Clear Braces
- Space Closures
- Straightening Teeth
- Metal Braces
- Ceramic Braces
- Preadjusted Edgewise Technique



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