

Boston's Premier Provider of
Periodontics & Dental Implants



**BOSTON PERIODONTICS
& DENTAL IMPLANTS**

Marc L. Nevins, D.M.D., M.M.Sc., P.C.



PERIODONTAL MEDICINE AND YOU

According to the American Academy of Periodontology, an estimated 100 million Americans are living with periodontal disease, a chronic bacterial infection that affects the gums and bone supporting the teeth. It can affect one tooth or many teeth and begins when the bacteria in plaque (the sticky, colorless film that constantly forms on your teeth) cause the gums to become inflamed. Periodontal disease may destroy the attachment fibers and supporting bone that hold your teeth in your mouth. Left untreated it can lead to tooth loss and expose you to systemic disease. Recently, certain types of periodontal disease have been linked to chronic inflammatory conditions such as Type I diabetes and cardiovascular disease. Periodontal disease management and oral health are crucial to maintaining your overall health and wellness.

Welcome to Boston Periodontics & Dental Implants

Under the leadership of Marc L. Nevins, D.M.D., M.M.Sc., we offer our patients a proven combination of unparalleled surgical expertise, today's most advanced technologies, and customized treatment plans to solve your unique dental needs.

BPDI's dynamic approach to periodontal medicine is fueled by the latest innovations in biotechnology and sets the standards for the practice of dental medicine. From our state-of-the-art medical center in downtown Boston, we are pioneering many of today's most advanced periodontal and dental implant products and treatments as we strive to achieve healthy, lasting outcomes for our patients.

We are known for consistently exceeding expectations and pride ourselves on our outstanding record of patient satisfaction and long-term relationships with patients and their families. From your initial in-depth consultation with Dr. Nevins to every point of interaction with our skilled and caring staff, your individual needs are our priority. Our goal is to make your experience with our practice as satisfying as possible.

About Dr. Nevins



Marc L. Nevins, D.M.D., M.M.Sc., one of the most trusted names in the field of Periodontology, is a diplomate of the American Board of Periodontology and Clinical Assistant Professor at the Harvard School of Dental Medicine in the Department of Oral Medicine, Infection and Immunity.

Dr. Nevins earned his Certificate for Graduate Training in Periodontology and a Master of Medical Sciences in Oral Biology at the Harvard School of Dental Medicine and graduated summa cum laude from Tufts University School of Dental Medicine. Internationally renowned as a leader in his field, Dr. Nevins's career responsibilities include numerous major committee assignments and peer-education lectures and training. In 2010, he will assume the role of Associate Editor of the International Journal of Periodontics & Restorative Dentistry.

In private practice for over ten years, Dr. Nevins infuses his clinical approach with innovative biotechnology and the latest academic and industry research. His research focuses on developing a better understanding of the use of growth factors to stimulate the regeneration of oral tissue, as well as to preserve oral esthetics. Growth factors are critical to the design of today's modern approach of less-invasive periodontal therapies that offer patients long-lasting, natural results.

Dr. Nevins excels at applying his highly specialized esthetic surgical expertise to solving his patients' complex dental challenges. He is deeply committed to ensuring that his patients receive the best possible treatment and service and strives every day to set a new standard of care in dental medicine.

ABOUT THE STAFF

The clinical assistants and hygienists at BPD are highly skilled professionals dedicated to the field of Periodontology. Compassionate and caring, our clinical staff are actively engaged in the peer community, pursue continuing education, and are up to date on the latest Periodontology research and techniques. They pride themselves on building close and lasting relationships with our patients.

Our talented practice management team guides our patients through their treatment plans, working hard to ensure 100% patient satisfaction.



INSURANCE

If you have a dental insurance plan we will complete and submit your claim forms so that your insurance company will reimburse you according to the provisions of your policy. You will be responsible for all financial obligations incurred during treatment in this office, as we do not accept payment directly from insurance companies. The only exception is for patients who are insured with Delta Dental Service of Massachusetts. Detailed questions about your individual needs and insurance coverage should be discussed with Dr. Nevins and your insurance provider.

Our Commitment to Your Health



At BPDI, we are committed to delivering the best possible care and outcomes for your periodontal needs and oral health and take great pride in our unique and modern approach to periodontal medicine.

PATIENT-CENTERED CARE

Dr. Nevins provides all of his patients with a comprehensive evaluation, diagnosis, and consultation prior to recommending or performing any treatment. Our team works closely with your general dentist to coordinate and personalize all aspects of your care. We are always on call for your personal needs, as we are dedicated to providing you with superb patient education, a warm and friendly environment, and the highest level of service.

YOUR COMFORT AND SATISFACTION

Your experience with our practice and your medical outcomes are extremely important to us. BPDI is committed to providing minimally invasive clinical procedures using advanced gentle techniques along with pain-and-anxiety management as well as alternative sedation techniques when needed. We provide comprehensive and easy-to-follow instructions for all postoperative care and followup visits to ensure quick healing and predictable esthetic treatment outcomes.

STATE-OF-THE-ART MEDICAL CENTER

Our medical center was created specifically for today's most advanced periodontal medicine treatments and meets OSHA's strictest standards for sterilization of equipment and patient safety. Designed for excellence, our facility is a model for integrating technological innovation with optimal patient comfort.

INNOVATIVE TECHNOLOGIES

BPDI leads the way when it comes to the expert utilization of the latest innovations in biotechnology, including next-generation dental implant treatments. We partner with the Harvard School of Dental Medicine for implant patients' CT scans, which when used in conjunction with the latest 3-D software ensure the utmost precision in guiding the placing of dental implants.

Our practice is also recognized as a pioneer in the field of regenerating bone and tissue through biotechnology-engineered growth factors. Dr. Nevins has been involved for over fifteen years in research on growth factors such as bone morphogenic protein and platelet-derived growth factor, which are used to rebuild bone damaged by periodontal disease or tooth fracture. Always striving to improve patient health and ease of treatment, BPDI offers the newest minimally invasive laser techniques, utilizing LANAP™, which replace certain cutting therapies.



Dental Implants

Dental implants are a modern solution to providing you with permanent replacement teeth that are strong, natural-looking and feeling, and offer superb, safe, and predictable long-term results. With proper care, implants can last a lifetime and have a success rate of up to 98%. The results of dental implant therapy are esthetically pleasing, and once your implants are in place you will feel like you have your original teeth back.

HOW DO I KNOW IF I AM A CANDIDATE FOR DENTAL IMPLANT TREATMENT?

In general, anyone healthy enough to undergo a routine dental extraction or oral surgery can be considered for an implant procedure. Patients should have healthy gums and adequate bone to hold the implant and be committed to good oral hygiene and regular dental exams. Heavy smokers, people suffering from uncontrolled chronic disorders such as diabetes or heart disease, or patients who have had radiation therapy to the head/neck area need to be evaluated on an individual basis.

WHAT SHOULD I EXPECT DURING DENTAL IMPLANT TREATMENT?

Dr. Nevins performs implant placement as an outpatient surgery from our state-of-the-art medical center, usually under a local anesthetic. The treatment has two stages.

First the implant, a tiny piece of titanium that forms a foundation for attaching the future crown restoration, is surgically placed with the utmost precision utilizing 3-D software and CT scans.

After you have had time to heal, Dr. Nevins will perform a treatment to uncover the implant, which has by now had time to fuse into your jawbone. Finally, he will attach your restoration, or crown, which your dentist will have fabricated for you, over the implant, resulting in a healthy, natural-feeling new smile.

WHAT HAPPENS AFTER THE TREATMENT?

After your treatment we will provide you with detailed postoperative instructions, which if followed properly will result in the best possible outcome and a short recovery time. Dr. Nevins will prescribe medications as needed, such as an oral antibiotic as a precaution against infection, and will provide you with a prescription pain relief medicine to help with any discomfort from the treatment.

“Dental implant treatment is so amazing because you can actually give someone their tooth back. Once a patient has completed the treatment their dental implant looks and feels like their natural teeth.

And today, with innovations such as new minimally invasive techniques and growth factor technology, which stimulates the healing in the areas where we are working, we are able to make the procedures much easier for our patients. We can even replace a tooth where we can perform an extraction, place a new implant, and place a crown, all at the same time. This is a huge leap forward in dental implant treatment.”

— Marc L. Nevins, D.M.D., M.M.Sc.



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ARE SPECIALIZED SEDATION OPTIONS AVAILABLE?

BPDI is licensed to provide intravenous conscious sedation to patients who request it to help alleviate anxiety associated with treatment. I.V. conscious sedation is an extremely effective and reliable form of sedation that allows patients to enter a state of deep relaxation in which time appears to pass quickly, while still allowing them to respond to requests and instructions. If you are a candidate for I.V. conscious sedation, an anesthesiologist from Anesthesiologist Associates of Massachusetts will join Dr. Nevins to administer and monitor your sedation. AAM is one of the largest private anesthesia practices in the country and a nationally recognized leader in patient safety. Dr. Nevins will discuss all available sedation options with you, and together you'll determine what is the best course for your individual case based on your health and medical history.

“I was in dire straits. There was really no solution but implants for me and I am so grateful for Dr. Nevins and his modern approach. I have truly experienced the marvels of modern technology. I can't believe when I look at myself; it's taken years off my life compared to my real teeth. And it all feels like it's my mouth. Dr Nevins even put synthetic bone in my jaw to build it up in front. It all feels like it's my mouth and it's better than my own teeth. I had such bad teeth for so long, but now I start every day feeling strong, solid and secure. It's even better than how Dr. Nevins described it to me when we started out! This treatment is a breakthrough for me in terms of quality of life and overall health.”

— Dental Implant Patient

LANAP™

Laser-Assisted New Attachment Procedure — LANAP — is truly one of the most revolutionary developments in Periodontology. A noninvasive laser therapy for the treatment of periodontal disease, laser therapy is a virtually painless alternative to many of the more traditional surgical procedures associated with periodontal medicine. BPGI is excited to be leading the way in pioneering LANAP on the East Coast and bringing this new, less-painful approach to helping our patients achieve improved oral health and a more esthetic smile.

WHAT ARE THE BENEFITS OF LASER THERAPY?

As with other forms of periodontal therapy, a main goal of laser therapy is to stimulate regeneration of connective tissue and bone between the gums and teeth. Additionally, during treatment the heat of the laser causes instant clotting in the gum tissue that actually works to seal the gums and create a physical barrier to any new bacteria that might invade the gums. Laser therapy is also an excellent approach for patients who want to improve the esthetics of their gum line with treatments such as cosmetic crown lengthening and tissue re-contouring procedures. For our patients who are candidates for laser therapy, other welcome benefits include less-painful treatment without cutting or stitches, less risk of infection, shorter appointment times, and an easy and fast recovery.

WHAT SHOULD I EXPECT DURING AND AFTER LASER TREATMENT?

Before your laser treatment you will be given a local anesthetic to eliminate any possible discomfort. During the procedure a tiny laser fiber (about the thickness of three hairs) is inserted between the tooth and the gum to clear away infection, reduce inflammation, and trigger an immediate healing response in the tissue. You'll most likely feel well enough to go right back to work after your treatment. If necessary, Dr. Nevins will prescribe an oral antibiotic as a precaution against infection. A soft diet for a day or two is recommended, but most patients are able to eat right after the procedure.

Best of all, your likely recovery period will be less than 24 hours.

“One of the biggest innovations in Periodontics that I’m particularly excited about is the new laser-assisted treatment, or LANAP™. Finally, we can treat patients with a non-invasive technique. Patients are really responding well and are experiencing periodontal treatment in a whole new way with easier, less-painful procedures, and faster recoveries. Many patients who desire a healthy mouth but were previously anxious about surgical procedures are very comfortable and satisfied with Laser Periodontal Therapy.”

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“Periodontal health has been a challenge for me since my early twenties, so I am a highly experienced patient. Experiencing the new laser approach has been really exciting because it’s offered me the chance to get major health improvements without going through major surgery. No sedation was needed and recovery was much easier. It’s much more user-friendly. The comparison is profound between traditional treatment and laser. Believe me, I’ve had enough treatments to know I prefer the laser! And, we’ve had excellent results so far.”

— LANAP Patient

“I love the way Dr. Nevins works with his team. He is definitely in charge, but he knows that his staff have skills and talent and they will tell him what they think he needs to look at.”

— LANAP Patient

Soft Tissue Grafts

You may be experiencing sensitivity to hot, cold, sweet, and spicy foods and beverages, making eating and drinking unpleasant for you and brushing and flossing painful. This continued discomfort is often a clue that you are experiencing excessive gum recession.

WHY DO I NEED A SOFT TISSUE GRAFT?

Recession is often caused by overly aggressive tooth brushing, but can also be a result of systemic periodontal disease. For many patients discrepancies between tooth size and jaw dimension leads to crowding, which also results in recession. Beyond the discomfort, excessive recession, if left untreated, may progress to further gum disease, bone loss, and eventual tooth loss. Dr. Nevins and your hygienist will work with you to identify and improve your oral hygiene habits to help you control recession in the future, but for now a soft tissue graft will help you repair and hopefully prevent further recession and bone loss.

WHAT SHOULD I EXPECT DURING SOFT TISSUE GRAFT TREATMENT?

Soft tissue grafts can be used with predictably successful results to cover roots or to develop gum tissue that has degraded due to past extractions or missing teeth. During the treatment Dr. Nevins will take gum tissue from your palate or another donor source to cover the exposed root of one tooth or even several teeth. While procedures with the patient's tissue provide the most optimal results, Dr. Nevins continues to work with biomaterials and tissue engineering alternatives to provide options for gum grafting without the need for donor tissue from the palate.

“Utilizing innovative techniques we can recreate the normal tissue contours with natural esthetics and comfort even when there is advanced gum recession. This results in a natural and beautiful smile.”

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WHAT HAPPENS AFTER SOFT TISSUE GRAFT TREATMENT?

After the treatment you will be prescribed a postoperative antibiotic and a prescription for pain management. Often an over-the-counter analgesic is all that is necessary. After about a week your new more-even gum line will be revealed. Over time you will experience reduced sensitivity and overall improved periodontal health. Your beautiful new smile will be a welcome bonus.



“My experience with Dr. Nevins and his staff has been life-changing. They have helped me with my overall health and helped me get over my lifelong phobia of oral healthcare!”

— Soft Tissue Graft Patient

“Dr. Nevins commitment to his work and his attention to detail is astonishing and complete. He always knows where I am in my treatment plan and what the next step is and what the timing is and is there is follow through. I feel well taken care of.”

— Soft Tissue Graft Patient

Additional Treatments

Periodontal Health Maintenance

As ongoing maintenance therapy is crucial for our patients to sustain long-term oral and overall health and to help us identify any new developments and areas of concern, Dr. Nevins will determine whether your cleanings should be performed by our specially trained hygienists. You may come to our practice for all cleanings and checkups or split routine visits between your regular dentist and our practice.

We will tailor a plan that meets your unique needs and ensures that you not only receive the best care possible, but that you receive the maximum benefit from your wise investment in your oral health: preserving your health over the long term.

Cosmetic Crown Lengthening and Tissue Re-Contouring

BPDI offers cosmetic procedures for our patients who want to improve the esthetics of their gum line as well as for patients who may require special treatment to prepare for a restorative procedure such as a crown or bridge. A procedure called crown lengthening adjusts the gum and bone level to expose more of your tooth, correcting your gum line and resulting in a more natural and more beautiful smile.

During crown lengthening any excessive bone and gum tissue will be reshaped, exposing more of your natural tooth and evening your gum line. This can be done to one or several teeth, and is an ideal treatment for patients who have a “gummy” smile that makes their teeth appear short. Once the tissue is reshaped, your natural teeth are revealed to be the proper length.

Whether your crown lengthening is done to improve function or for esthetics, patients often receive the benefits of both: a beautiful new smile and improved periodontal health.

Pocket Depth Reduction

The main cause of periodontal disease is bacteria, in the form of plaque, which accumulates naturally around the teeth. This buildup can lead to the deterioration in the supporting tissue and bone that stabilize and protect your teeth, resulting in “pockets” around the teeth. If untreated, these pockets become deeper, providing an increasingly larger space for bacteria to live and leading to a dangerous loss of gum tissue and bone and, potentially, tooth loss. If Dr. Nevins has recommended a pocket depth reduction, it means that your pockets have reached a depth that makes it impossible for you and your hygienist to properly clean your teeth and maintain your oral health.

During pocket depth reduction treatment the gum tissue is folded back and any bacteria is removed. Dr. Nevins will often apply growth factors to stimulate regeneration of bone and build periodontal support before securing the tissue back into place. Most patients have minimal discomfort and are back at work the same day as their treatment. Many of our patients will benefit from BPDI’s new laser approach to pocket depth reduction, a revolutionary nonsurgical therapy that results in less bleeding and discomfort and much faster recovery than traditional surgery.

Rebuilding Oral Bone and Tissue Regeneration

Preserving or rebuilding oral bone can be important for both your appearance and your health. If you have lost gingival tissue due to tooth brushing techniques, disease, or injury, it may be possible to restore what has been lost by using new techniques in bone and tissue regeneration.

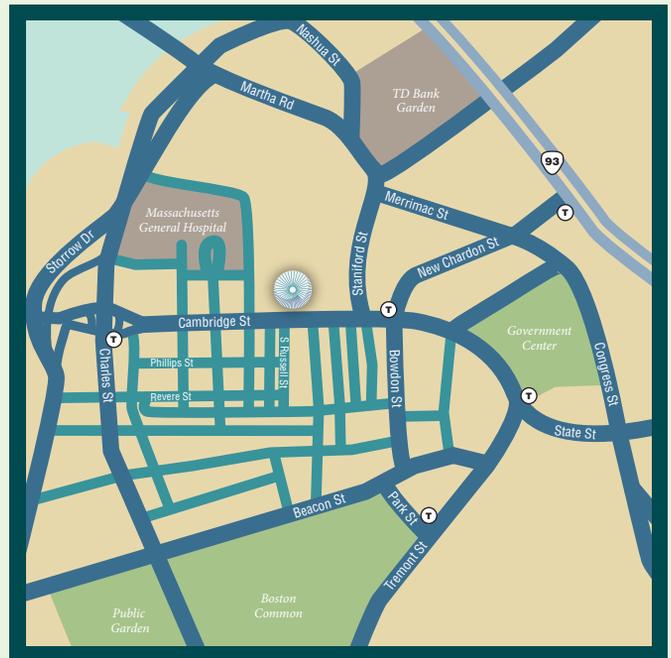
When teeth are removed or missing, the bone and gum tissue in the affected area tend to shrink. BPDI uses the latest biotechnology advancements in regeneration to achieve healthier, more stable bone. This is key for patients who are undergoing implant placement or soft tissue grafts.

Additionally, extraction sites can be grafted with modern regeneration technologies using bone replacement grafts combined with biotechnology growth factors. For patients whose teeth have been missing for extended periods, the use of growth factors can reduce the amount of surgery and healing time to replenish bone and ensure successful implant placement.



Directions

Our office is conveniently located at Charles River Plaza. There is parking available underground at the Cambridge Street Garage with direct elevator access to 175 Cambridge Street. We are also convenient to public transportation from all points.



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