

# MIMI<sup>®</sup>, the Revolution in Dentistry

**MIMI<sup>®</sup> stands for the Minimally Invasive Method of Implantation. Developed more than 25 years ago, the MIMI<sup>®</sup> method is very patient-friendly and is being used by increasing numbers of dentists. According to the latest estimates, the MIMI<sup>®</sup> method accounted for about 20% of 800.000 implants per year in Germany alone.**

**My Magazine interviewed Dr. Armin Nedjat, a dentist and specialist in Dental Implantology, who also serves as a Diplomate of the World Association of Implantology. Dr. Nedjat is the developer of the Champions<sup>®</sup> Implant System as well as an experienced consultant for advanced training in the MIMI<sup>®</sup> method.**



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***My Magazine: Hello, Dr. Nedjat, could you explain in a few words what MIMI<sup>®</sup> means and what is new about this method?***

**Dr. Nedjat:** What is new for many people are the findings about how and when the bones can be loaded. The MIMI<sup>®</sup> method has already been applied in many dental offices worldwide for over 25 years. For decades, observations from other professional associations such as those involved in hip and knee joint surgery have shown that for instance, the bones definitely need some "bone training". In other words, bones and the surrounding tissue should be immediately loaded and mobilized. In the past, it had been assumed that the bones had to "grow" on the implants without being loaded. That is why the dental implant had been placed in a thread, in which an implant head, the so-called abutment, was screwed after several months of "recovery time". Afterwards, a ceramic crown was fitted over the abutment. In most cases, with the MIMI<sup>®</sup> method, the dentist can now gently and carefully insert, i.e. "implant", a large one-piece implant transgingivally in a tiny bone cavity. This means that suturing, flapping and cutting open the mucosa is not necessary. Terms such as "keyhole surgery" or "endoscopy" are used concerning the MIMI<sup>®</sup> method.



### **The principle of MIMI<sup>®</sup>, the Minimally Invasive Method of Implantation**

A small, sub-dimensioned bone cavity is drilled transgingivally. In this bone cavity the complete implant is inserted with controlled forces, condensing the bone. In this way, the implant can achieve optimal stability right from the beginning and can usually be immediately loaded. A "healing" or "growth" of the bones is no longer necessary.

#### ***My Magazine: Is the MIMI<sup>®</sup> procedure painful for the patient?***

**Dr. Nedjat:** No, not at all. Of course, we first numb the mucosa by using local anaesthesia. You may have experienced the slight sting of the injection for numbing an area from other dental treatments. The implantation, though, is completely painless. Above all: even after only one relatively short surgery, which the patient only has to undergo once, the patient usually does not suffer from pain because the soft and hard tissues are protected to the maximum. Only one day after the surgery, patients can usually resume their normal daily activities without suffering from swelling and pain.

#### ***My Magazine: Are there any other advantages for the patient?***

**Dr. Nedjat:** Yes. Except for the treatment of upper single teeth, patients can be immediately provided with fixed prosthodontic restorations such as definite, stabilized crowns and bridges, preferably within the first two weeks after the implantation. A fixed temporary can be immediately fitted on upper single teeth, but the impression is then made only 8 weeks later. In addition, there is a positive, financial advantage: since only one session is needed for implantation, the costs are reduced to some 50% of the costs of the classical method of implantation and Prosthodontics. However, the most important aspect from a medical point of view is: there are no micro gaps and cavities between the two implant pieces as it is the case for multi-piece systems, which are vulnerable to bacterial migration and growth. The micro gap is the "Trojan horse" for bacterial infections, and it is considered as the main reason for long-term failure of implants. Additionally, it follows from the type of screw used in the one-piece implant system that connecting elements cannot get loose or even break as can happen with combined two-piece systems. The best abutment is no abutment!



Single teeth can also be replaced optimally and aesthetically without any problems. In only one session, a Champions® - implant is inserted almost "bloodlessly" into a small cavity, with a full zirconium ceramic "Prep-Cap" attached – a very gentle, completely painless, safe and affordable procedure for the patient!




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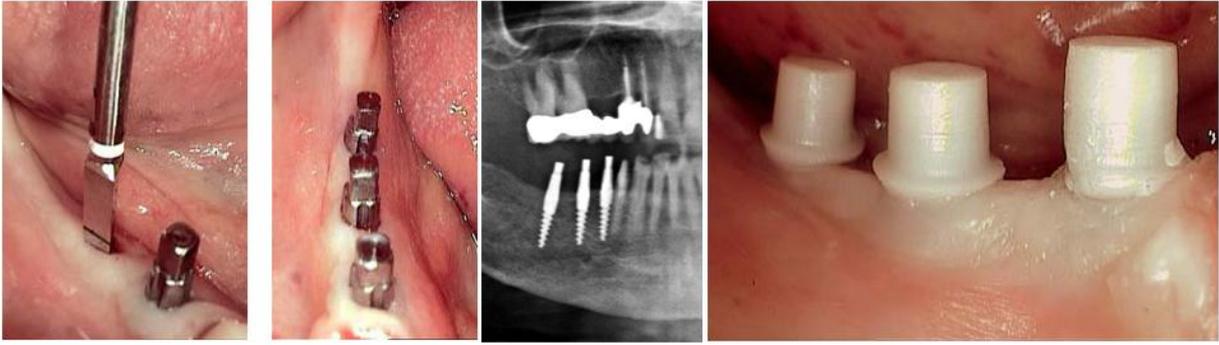
***My Magazine: Does this mean that the Classical Implantology Method is no longer necessary?***

**Dr. Nedjat:** No, not at all. It is definitely necessary. However, with the MIMI®-technique augmentations, i.e. surgical build-ups of the bone, can be avoided in over 90% of the cases. In addition, the patient can be provided with excellent, safe and aesthetic treatment solutions in a very short time, which are also affordable for patients with "regular" health insurance.

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***My Magazine: Why is MIMI® not yet that widely known?***

**Dr. Nedjat:** In my opinion, it is the contrary: MIMI® is the only method with substantial growth in dental offices. Of course, in Germany, the increasing number of qualified specialists plays a role: there are oral and maxillofacial surgeons, endodontists, pediatric dentists, periodontists, gnathologists, and orthodontists. However, to be able to apply the MIMI® method, the dentist needs to be rather an "all-rounder": ideally, on the one hand, a dentist using the MIMI®- method should have the necessary know-how about tooth replacement; on the other hand, such a prosthodontist should also be a good surgeon. The dentists should collaborate well to ensure good care.



From the patient's point of view, MIMI® is a painless surgical procedure: after the surgical area has been numbed, the biocompatible titanium implants and ceramic components are inserted transgingivally and "bloodlessly" in small bone cavities in only one session.



After just a few days, the "framework" is fitted in the mouth and preserved in a miniature impression of the later teeth forms. After another few days, the final, fully laminated crowns are cemented. In most cases, it takes just two weeks after the MIMI® implantation until the complete superstructure can be fitted in the mouth!

***My Magazine: How and where can a patient get information and individual advice about MIMI®?***

Dr. Nedjat: You can take a look at the patient - homepage [www.mimi-info.de](http://www.mimi-info.de) , where you can find, among other things, the names of many certified dentists who apply the MIMI® method in your area. In addition, a DVD will be available soon, and a book about the MIMI® method will be published with the title "...You Can Smile Again" ("...und Ihr Lächeln kehrt zurück"), where you will be able to find comprehensive information.



In cases where bone atrophy has gone on for years, even well-made full prostheses, especially in the lower jaw, can cause problems: it is not possible to chew food properly.

Adhesive creams should only be a temporary solution.

Thanks to the MIMI® method, in particular, the nearly "bloodless" insertion of implants, it is possible to provide a long-term, safe, gentle, and quick treatment for elderly patients...