A thorough examination of short implants in dentistry

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Abstract

Short implants, which are dental implants that are less than 8 mm long, have revolutionized contemporary dental implantology by solving one of the most enduring problems in the field: patients who need rehabilitation but have limited bone volume. These implants remove the need for intricate surgical procedures like bone grafting and sinus lifts, providing a less invasive and more affordable option to conventional methods. With improvements in design, materials, and clinical procedures, short implants, which were once viewed with suspicion because of worries about decreased osseointegration surface area, high crown-to-implant (C/I) ratios, and possible biomechanical instability, have turned out to be a dependable option.

Short implants have been shown to lower surgical risks, recuperation times dramatically, and expenses while achieving survival rates comparable to standard-length implants. Because of their design, they can be placed in anatomically complex locations without sacrificing stability or function, such as places with low bone height or close to important structures. The main benefits are reduced problems, enhanced patient comfort, and increased accessibility for those previously put off by conventional therapies' cost or physical requirements.

Short implants' practical application in various clinical settings, from full-arch restorations to single-tooth replacements, demonstrates their adaptability. Their ability to meet functional and cosmetic needs in individuals with different anatomical limitations highlights their usefulness in modern dentistry.

Even with their effectiveness, more research is necessary to confirm long-term performance and improve restoration methods. Digital dental equipment, materials,

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and implant design advancements promise to enhance their effectiveness and broaden their clinical uses. In addition to marking a significant advancement in dental rehabilitation, short implants also establish a new benchmark in implantology and demonstrate a dedication to more accessible and patient-centered care.

Keywords: Short implants, Dental implantology, Osseointegration, Minimal invasiveness, Anatomical constraints, Full-arch restoration, Single-tooth replacement, Digital dentistry, Computer-guided surgery, Implant durability

Introduction

Dental implantology has transformed oral rehabilitation by offering dependable tooth loss and edentulism remedies. However, dealing with patients who have reduced bone volume, a common result of tooth loss, bone resorption, or anatomical limitations, has proven to be one of its most enduring problems (1–4). Such situations have historically necessitated intricate surgical procedures such as bone grafts, sinus lifts, or ridge augmentations to provide adequate bone support for implants of typical length (5–7). Even though these procedures are beneficial, they have a lot of disadvantages, such as higher surgical risks, longer recovery periods, higher expenses, and more discomfort for the patient (8–11).

Short implants, or those less than 8 mm long, have revolutionized dental rehabilitation in recent decades (12–15). They provide patients with restricted bone height with a less invasive and more affordable option by eliminating the requirement for additional bone augmentation treatments (16–22). Implant design, material, and surgical method developments have solidified their clinical viability despite initial doubts about their decreased osseointegration surface area and biomechanical stability (23–28).

The development, benefits, and clinical uses of short implants are all covered in detail in this thorough investigation. It looks at their varied advantages in modern implantology, the historical criticism they encountered, and the technological developments that have cemented their position (29–36). Moreover, it considers current studies and prospective paths that could improve their effectiveness and broaden their possible uses. Short implants reflect a paradigm change toward more accessible and patient-centered dental care by meeting a broad patient population's functional, cosmetic, and budgetary needs (37–50) (Figs.1,2,3.).

The Development of Short Implants: A Revolution in Thinking

The ability to innovate has long been a defining feature of dental implantology. For many years, the field has struggled with issues including inadequate bone volume, especially in patients who are edentulous or have advanced bone resorption (51–56). Conventional remedies usually involve invasive and intricate operations like bone transplants, ridge augmentations, or sinus lifts. Although these methods have impressive outcomes, they have some serious disadvantages (57–63). Many patients may be discouraged from seeking therapy as a result of the higher surgical risks, prolonged recovery periods, and financial difficulties associated with these operations.

The advent of short implants (64–71)has overcome these obstacles with fantastic success. By avoiding additional procedures, short implants give dentists a more efficient and patient-focused method of dental rehabilitation (72–79). Dental treatment has become more efficient and accessible thanks to these implants, which are 8 mm or less in size and have shown the ability to adapt to difficult anatomical circumstances (80–85).

Historical Background: From Doubt to Acceptance

The acceptance of short implants has not been simple. Dental professionals were skeptical of the initial versions. The smaller surface area hampered osteointegration, the process by which the implant fused with the bone. Shorter implants were criticized for being unable to match their lengthier counterparts in terms of stability and long-term success (86–92).

Another difficulty was the biomechanical effects of the crown-to-implant (C/I) ratio. A higher C/I ratio was thought to raise the risk of mechanical issues, including implant loosening, bone loss, and failure, because a more extended crown and shorter implant length are needed for functional and aesthetic restoration (93–97) (Figure 4).

The story finally changed despite these reservations as implant design, materials, and surgical methods advanced. Osteointegration has increased due to surface treatment advancements, including micro-roughening and improved biocompatibility coatings (98–106). Regarding survival rates and complication concerns, studies have repeatedly shown that short implants can function similarly to standard-length implants. These discoveries paved the way for short implants to become widely used, turning them from a specialized

Figure 1.2.3. Insertion sequence of a short implant in the maxillary region with a distance from the crest to the maxillary sinus floor of 8 mm.

treatment into a vital component of contemporary dental implantology (98,107–112).
One of the short implants' most significant benefits is the potential to eliminate the need for intricate surgical procedures. Traditional implantology frequently requires surgeries like sinus lifts or ridge augmentations to compensate for insufficient bone height. Despite their effectiveness, these operations are risky and can result in infection, sinus membrane perforation, and nerve injury. They also cause patients to experience more discomfort and require longer recovery times (113–119, 120, 295).

Figure 4. Prosthetic crown on short implant notes the inverted relationship between the two components.

In contrast, short implants blend in with the existing bone structure, negating the need for subsequent procedures. Because of this, the operation is far less intrusive, promoting faster recovery and higher patient satisfaction. Short implants offer an alluring substitute for those who have systemic disorders that make surgical healing more difficult or who prefer a less intrusive procedure (121–128).
The cost of dental care deters many people. Procedures like bone grafts, which require additional interventions, might raise prices dramatically. Short implants, however, eliminate the need for these extra procedures (129–144), making them a more affordable option.
The streamlined surgical procedure linked to short implants also results in shorter treatment durations. This implies faster outcomes and fewer appointments for patients. Clinicians also gain because their practices can operate more efficiently and with higher throughput due to the procedure's decreased complexity. All these elements work together to make short implants an appealing choice for patients and dentists (129,145–149).

Although all surgical procedures have hazards, short implants have continuously shown fewer problems than conventional techniques. By avoiding major surgical procedures, they lessen the chance of problems such as nerve injury, post-operative infections, and implant failure.
Additionally, their lower length and particular implantation procedures reduce the biomechanical load placed on the surrounding bone. Their stability is improved, and dependable functioning is guaranteed in a variety of clinical circumstances thanks to this clever design (150–153) (154–162) (Table 1).

Stability and Longevity as Initial Concerns

One of the most contentious features of short implants is their increased C/I ratio. At first, detractors were concerned that the higher ratio might have a lever effect, increasing the mechanical strains on the implant and the bone around it. It was once believed that this would eventually raise the likelihood of implant failure and bone loss (163–170, 294).
Recent research has contested and mainly refuted these worries. According to research, short implants can successfully tolerate the biomechanical pressures linked to more excellent C/I ratios when adequately positioned and constructed. They have functioned well in these situations thanks to advancements in prosthetic design, precise implantation methods, and enhanced implant surface technology. These discoveries have significantly increased the therapeutic uses of short implants, enabling their confident usage even under challenging situations (171–181) (Figure 5).

Figure 5 Short implant of 5.7x5 mm in the area with reduced bone availability with the maxillary sinus

Table.1

Advantages of Short Implants

Aspect	Details
Minimal Invasiveness	Avoids complex surgeries like sinus lifts and bone grafts; reduces recovery time; improves patient comfort.
Cost-Effectiveness	Eliminates the need for supplementary interventions, reducing costs; simplifies surgical protocol, shortening treatment timelines.
Reduced Complications	Lowers risk of nerve damage, infections, and implant failure; strategic design minimizes biomechanical stress on surrounding bone.

Additionally, the perceived difference in survival rates between standard-length and short implants was a source of early suspicion. According to critics, the decreased surface area for osseointegration could result in increased failure rates. However, improvements in surgical methods and implant materials have demonstrated otherwise (182–190).

Today's short implants have survival rates on par with their lengthier counterparts. Studies have shown that other criteria, including surgical accuracy, implant design, and the quality of the surrounding bone, are just as important to their success as implant length. For example, improved roughened surfaces improve the interface between the implant and bone, resulting in stable and long-lasting osseointegration (191–207) (Table 2).

Clinical Applications of Short Implants

Short implants have become an essential technique in contemporary dentistry due to their adaptability. They are now more popular with patients and professionals due to their versatility in many healthcare settings (208–220).

Short implants work exceptionally well for replacing a single tooth, especially in places where bone height is restricted. Because of their reduced size, they can be placed without requiring further augmentation, which speeds up the healing process (221–236).

Short implants may effectively anchor prosthetic restorations in wholly or partially edentulous patients. They are strategically positioned to distribute loads efficiently, guaranteeing practicality and beauty (237–250).

Short implants work well in anatomically tricky locations, like the posterior maxilla, or close to important tissues, like the mandibular nerve. While preserving stability and functionality, their shortened length lowers the possibility of difficulties (251–260) (Table 3).

Short Implants' Future

Although there is ample evidence of the effectiveness of brief implants, their development is far from finished. The ongoing study aims to improve restoration methods, investigate new uses, and further hone their design (261–269).

Even though brief implants have shown remarkable short—to medium-term results, there is a dearth of long-term data. Further investigation is necessary to confirm their longevity and pinpoint the variables affecting their performance over long periods (270–277).

Manufacturing technology and materials science developments, from enhanced surface coatings to innovative biomimetic designs, are anticipated to improve short implants' performance significantly. These developments can potentially boost their success rates and broaden their range of applications (278–285).

Another fascinating development combines short implants with digital dentistry technologies like computer-guided surgery and 3D imaging. These technologies allow for more precise implant placement, lowering the possibility of error and improving results (286–290).

Conclusion

With their ability to handle the significant issues of restricted bone volume and intrusive surgical needs, short implants have become a game-changing option in dental implantology. They have established a place in modern dentistry due to their ability to provide survival rates comparable to those of standard-length implants, lower surgical risks, quicker recovery times, and improved patient comfort. Because they reduce the need for complicated treatments like bone grafts and sinus lifts, short implants offer a patient-centered, efficient, and economical substitute that increases access to dental rehabilitation for many people.

The broad use of short implants is due to continued improvements in implant design, surface treatments, and surgical methods. By addressing early issues with osseointegration, biomechanical stability, and crown-to-implant (C/I) ratios, these advancements have shown that shorter implants may consistently meet functional and aesthetic requirements, even in challenging

Table.2

Stability and Longevity	
Concern	**Resolution**
Crown-to-Implant (C/I) Ratio	Advanced implant surface technologies and precise placement techniques mitigate biomechanical stress, ensuring functionality despite higher C/I ratios.
Survival Rates	Modern short implants exhibit survival rates comparable to standard implants; enhanced roughened surfaces improve bone-implant interface and osseointegration.

Table.3

Clinical Applications of Short Implants	
Application	Description
Single-Tooth Replacement	Ideal for areas with limited bone height; eliminates need for additional surgeries, streamlining the process.
Partial/Full-Arch Restorations	Serves as reliable anchors in edentulous patients; ensures optimal load distribution and aesthetic results.
Challenging Anatomical Sites	Excels in areas like the posterior maxilla or near vital structures; reduced length minimizes risks while maintaining stability.

anatomical scenarios. Their adaptability and usefulness in contemporary practice are demonstrated by their use in various clinical contexts, from full-arch prosthesis to single-tooth restorations.

However, the short implant trip is far from over. Although recent studies have confirmed their effectiveness in the short to medium term, more research is required to evaluate their durability and long-term function. It is anticipated that ongoing research into novel materials, surface technologies, and digital integration will enhance their therapeutic relevance and optimize their use. For example, innovations in computer-guided surgery, 3D imaging, and biomimetic design can potentially increase placement accuracy and improve overall results.

Short implants are a step toward more accessible and inclusive dental care, not just a technical advancement. They make restorative options more accessible to a broader spectrum of patients by lowering the psychological, financial, and physical hurdles associated with standard implantology. Short implants will continue to be at the vanguard of patient-centered care as the field develops, representing the nexus of accessibility, innovation, and clinical excellence.

To sum up, the development of short implants represents a critical turning point in dental rehabilitation, changing the requirements for edentulous patients with limited bone availability.

Short implants represent the forward-thinking nature of contemporary dentistry. They fuse clinical effectiveness, emphasizing patient needs and improving treatment outcomes. Further study and development of these implants are encouraging and promising, as they can influence implantology in the future.

Abbreviations

CAD/CAM. Computer-Aided Design/Computer-Aided Manufacturing (used in digital dentistry)
CBCT: Cone Beam Computed Tomography (for imaging and diagnosis)
C/I Ratio: Crown-to-Implant Ratio
ICR: Implant Crown Ratio (alternative term for C/I)
OSA: Osseointegration Surface Area
RFA: Resonance Frequency Analysis (used to assess implant stability)
3D Imaging: Three-Dimensional Imaging
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