

# Bone Healing at Functionally Loaded and Unloaded Screw-Shaped Implants Supporting Single Crowns: A Histomorphometric Study in Humans

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## Abstract

**Purpose:** To evaluate histologically and histomorphometrically the effect of a delayed load on healing at implants with a moderately rough surface.

**Materials and Methods:** Two solid titanium screw-shaped devices, 5 mm long and 3.5 mm in diameter, were inserted in the distal segments of the alveolar ridge of 16 volunteer patients in a nonsubmerged fashion. After 2 months, one implant was loaded, while the other was left unloaded. After 2 months, the two implants were collected from 10 patients using a sonic instrument, and ground sections were prepared from the biopsy specimens. Histomorphometric analyses were performed.

**Results:** After 4 months of healing, biopsy specimens from 10 patients were available for analyses ( $n = 10$ ). The total bone-to-implant contact percentage was  $86.8\% \pm 6.5\%$  and  $84.6\% \pm 3.7\%$  for loaded and unloaded implants, respectively. New bone was represented by  $85.5\% \pm 6.7\%$  and  $83.4\% \pm 3.9\%$  at the loaded and unloaded sites, respectively. A very small amount of old parent bone was found. The density of the mineralized bone was  $76.8\% \pm 8.3\%$  for the loaded sites and  $74.1\% \pm 10.5\%$  for the unloaded sites. The percentages of new and old bone densities were  $69.0\% \pm 8.3\%$  and  $7.8\% \pm 3.9\%$  at the loaded sites, and  $65.9\% \pm 10.3\%$  and  $8.2\% \pm 4.5\%$  at the unloaded sites, respectively. No statistically significant differences were disclosed. **Conclusion:** Applying a delayed load to implants supporting single crowns did not yield statistically significant differences, and only a tendency of higher osseointegration and bone density was observed at loaded sites compared with the unloaded sites. *INT J ORAL MAXILLOFAC IMPLANTS* 2018;33:181–187. doi: 10.11607/jomi.5928

**Keywords:** delayed load, dental implants, histometry, human study, morphometry, prosthetic reconstruction

Various experimental studies have shown that load, both applied immediately and in a delayed fashion, has increased bone-to-implant contact<sup>1–4</sup> as well as bone density around implants.<sup>1,4,5</sup> In an experiment in dogs, the sequential healing at immediately loaded implants placed in extraction sockets and in healed sites was studied.<sup>6</sup> Biopsy specimens were collected after 1 week, 2 weeks, 1 month, and 3 months after implant placement and immediate loading. New bone in close contact with the implant surface was found already after 1 week with percentages of 7% to 8% at both groups. The amount of new bone increased over time, reaching 68.4% at the healed sites and 61.8% at the extraction socket sites after 3 months of healing. Old bone was observed at percentages of 30.0% and 20.6% at the healed and extraction socket sites, respectively. These percentages decreased over time, but parent bone was still found in contact with the implant surface; however, it was at very low percentages, 4.2% and 2.9% at the healed and extraction socket sites, respectively. A recent study in humans reported data on 17 implants loaded from 4 to 20 years.<sup>7</sup> The implants were retrieved for different reasons, and a histomorphometric analysis was performed. All implants were integrated into the surrounding hard tissues, with percentages of bone contact ranging from 32% to 85%. Despite the large amount of literature available on histometric analyses on retrieved implants<sup>7–13</sup> and reports on comparison between loaded and unloaded implants,<sup>14,15</sup> there is still a lack of confirmation in humans of the outcomes seen in animal experiments.

Hence, the aim of the present study was to evaluate histomorphometrically the effect of delayed load on healing at implants with a moderately rough surface.

## MATERIALS AND METHODS

This study followed the Declaration of Helsinki on medical protocol and ethics. The study protocol was submitted to and approved by the Ethical Committee of the Corporación Universitaria Rafael Nuñez, Cartagena de Indias (Colombia). The procedures and the possible complications were carefully explained, and informed consent was collected from each patient. The approval was provided after the presentation of literature related to the topic of the investigation as well as that related to the safety of the procedures for harvesting of biopsy specimens. A sample size calculation was performed based on animal results,<sup>4,6</sup> considering the higher variability that may be found in humans compared with animals. All surgeries, patient recruitment, and follow-up were performed at the Corporación Universitaria Rafael Nuñez, Cartagena de Indias (Colombia).

### Patient Recruitment

Sixteen healthy volunteers presenting no contraindications for oral surgery procedures and in need of implants for partial oral rehabilitation were planned to be recruited for the study. The volunteer subjects received dental treatment free of charge.

The patients had to fulfill the following inclusion criteria: (1)  $\geq 18$  years of age; (2) good general health; and (3) not pregnant. Moreover, the patients had to have an edentulous zone in the distal segments of the arches, devoid of previous bone augmentation procedures and sufficient bone volume for the placement of at least two implants. The presence of the antagonist teeth in the opposite arch to allow functional load was required both at test and control sites.

### Implants

Solid titanium screw-shaped implants were manufactured (Sweden & Martina). The implants were 5 mm long, including a polished neck of 0.8 mm, with a core diameter of 2.9 mm, with threads of 0.3 mm of depth, reaching a total diameter of 3.5 mm (Fig 1). The implants were produced with internal threads and grooves to make the fixation of healing screws and abutments possible. All the implants were prepared with a ZrTi surface (Sweden & Martina). For more information on the surface, see Caneva et al.<sup>16</sup>

### Randomization

Each patient received two implants, one to be loaded after 2 months from placement and one to be left unloaded. A researcher (D.B.), neither involved in the selection of the patients nor in the surgical and prosthetic treatment, performed the randomization of the sites electronically (randomization.com). Consequently, the surgeries were carried out by a clinician (M.F.) who was unaware of which implants would have been loaded or left unloaded. Sealed opaque envelopes were opened at the time of prosthesis delivery.

### Clinical Procedures

After local anesthesia was provided, full-thickness flaps were raised and the recipient sites slightly marked with a lanceolate bur. Subsequently, osteotomies were prepared, reaching a depth of 5 mm first with a drill of 2.0 mm in diameter, followed by a drill of 2.8 mm in diameter. The cortical region was further widened with a drill of 3.0 mm in diameter. The implants were placed with the coronal margin flush to the bony crest. A healing abutment was placed on each device, and silk single sutures were provided to secure the flaps around the healing abutment; nonsubmerged healing was allowed. The sutures were removed after 7 days, and the patients were included in a maintenance follow-up during the study. After 2 months, the healing abutment was removed at the sites to be loaded, and a custom-made abutment for prosthesis reconstruction was applied. Impressions were taken, and a cemented single crown made of resin was secured to the implants (Fig 2). Only vertical contact was allowed at the loaded site. The occlusion was checked at the time of loading, after 1 month, and at the time of biopsies. The control site was left unloaded, and the abutment was maintained in situ, protruding in the oral cavity approximately 1 mm.

After 2 months, the implants were collected. The crowns were removed, and incisions of the mucosa were performed around the neck of the implants, trying to leave as small a portion of soft tissue as possible attached to the coronal region of the implants. The mucosa was then carefully detached from the implants and from the surrounding bone. A micro-saw of 0.15 to 0.25 mm of width (SFS 102, Komet Dental Gebr. Brasseler) was mounted on a sonic instrument (Sonosurgery, TeKne Dental) and used to cut the biopsy specimens.<sup>17</sup> The bone incisions were performed in such a way to maintain the bone at the buccal aspect. Vertical cuts were made parallel to the long axis of the implants, as close as possible to it, at the mesial and distal aspects. A further cut was performed buccally, in a buccolingual direction, reaching the apical extension of the implants. Lingually, a small vertical incision was made coronally, and the biopsy specimen was luxated toward the buccal side with a small elevator (Fig 3).

### Histologic Preparation of the Biopsy Specimens

The biopsy specimens containing the implants were fixed in 10% buffered formalin immediately after the retrieval. The specimens were first dehydrated in alcohol and then included in a glycol-methacrylate resin (Technovit 7200 VLC; Kulzer). Subsequently, they were polymerized and sectioned following the long axis of the implants using a diamond disk to obtain

slides of approximately 150  $\mu\text{m}$  of width. The samples were then ground down to approximately 30  $\mu\text{m}$  of width and stained using acid fuchsin and toluidine blue.

### **Histologic Examination**

In a Nikon microscope (Eclipse Ci, Nikon Corporation), connected to a computer with a video camera (DS-Fi2, Nikon Corporation), the most coronal contact of the bone to the surface of the device (B) and the apical extension of the bone (A) were identified. Software (NIS-element D, Nikon Corporation) was used to evaluate at a magnification of  $\times 200$  the amount of newly formed bone, old parent bone, and soft tissues (marrow, Haversian canals, basic multicellular units (BMUs) in contact with the implant surface included between B and A. The mean total mineralized bone was also calculated as the sum between new and old bone for each implant. Moreover, a region of interest (ROI) was also defined as that enclosed between B and A, and from the core of the implants to a distance of approximately 0.4 mm from it. Newly formed bone, old parent bone, and soft tissue densities were also evaluated within the ROI using a point counting procedure<sup>18</sup> with a lattice with squares of 50 microns superposed over the tissues at a magnification of  $\times 200$ . Percentages of the various tissues were calculated, including the total mineralized bone tissues, composed of new and old bone.

### **Data Analysis**

Mean values  $\pm$  standard deviations (SD) were calculated for new bone, old parent bone, and soft tissues (marrow, Haversian canals, BMUs). Moreover, 25th, 50th (median), and 75th percentiles were added in the tables. The Wilcoxon test for dependent variables was used for analyses, setting the level of significance to  $P = .05$ . Exploratively, a correlation between the total mineralized bone and total bone density was also calculated.

## **RESULTS**

### **Clinical and Histologic Outcomes**

During the 4-month healing period, five patients presented symptoms of a viral infection, diagnosed as Chikungunya, that suddenly arose in the region. These patients could not comply with the follow-up protocol and were excluded from the study. The implants were removed with a counter-torque when the patients recovered from the disease. Moreover, one biopsy specimen was damaged during collection, and the patient was excluded. Biopsy specimens were safely collected from 10 patients, so that  $n = 10$  for loaded and unloaded sites were reached for analyses.

At both sites, new bone was found in contact with the implant surface, reaching mean percentages of  $85.5\% \pm 6.7\%$  and  $83.4\% \pm 3.9\%$  at the loaded and unloaded sites, respectively (Table 1). Small percentages (1.1% to 1.2%) were still found in contact with the implant surfaces at both loaded and unloaded sites. The total mineralized bone was  $86.8\% \pm 6.5\%$  and  $84.6\% \pm 3.7\%$  for loaded and unloaded implants with no statistically significant differences.

The area around the implants was mainly occupied by newly formed lamellar bone (Figs 4 and 5). Old bone was still visible in various areas, presenting new bone in close contact to it. At both sites, the new bone presented various cement lines lining areas with different stages of bone maturation. Secondary osteons were noted, as well as areas of resorption, denoting active remodeling processes.

Mineral bone density within the ROI was represented by newly formed bone at a percentage of  $69.0\% \pm 8.3\%$  and  $65.9\% \pm 10.3\%$  at the loaded and unloaded sites, respectively, while old bone was  $7.8\% \pm 3.9\%$  and  $8.2\% \pm 4.5\%$ , respectively (Table 2). The total bone density was  $76.8\% \pm 8.3\%$  for the loaded sites and  $74.1\% \pm 10.5\%$  for the unloaded sites, without statistically significant differences.

The correlation between the total mineralized bone and total mineralized bone density was  $r = 0.3$  and  $r = -0.05$  for loaded and unloaded sites, respectively.

## **DISCUSSION**

The aim of the present study was to describe the effect of load on osseointegration. High osseointegration and bone density were observed both at the loaded and unloaded sites. Although the differences were not significant, a tendency of higher osseointegration and bone density was detected at the loaded compared with the unloaded sites.

Similar histologic assessments were also performed in another recent human study,<sup>19</sup> where 13 subjects were enrolled and received two implants each, one immediately loaded and the other left unloaded. After 1 and 3 months, in six patients, the osteotomies were prepared with drills, while in the remaining seven patients, osteotomies were used to finalize the preparation. No statistically significant differences were observed between loaded and unloaded sites. In another human study,<sup>14</sup> four implants were placed in four patients: two implants were immediately loaded, while two were left submerged. One implant in each group was retrieved with a trephine after 4 weeks and the other after 8 weeks. Bone-to-implant contact was found at higher percentages at the loaded compared with the unloaded sites. Indeed, after 4 weeks of healing, bone-to-implant contact was 65.6% at the loaded and 54.7% at the unloaded sites. After 8 weeks, the bone-to-implant contact percentage was 76.2% and 62.3% at

the loaded and unloaded sites, respectively. Several other studies on the effect of load on healing have also been performed in animals.<sup>1-6</sup> In an experiment in dogs, a lateral static load was applied to the implants for 3 months, while the controls were left unloaded.<sup>1</sup> Greater bone-to-implant contact as well as higher bone density were found at the loaded implants compared with controls. In another experiment in dogs, two implants were placed in each side of the mandible.<sup>4</sup> The recipient sites were prepared to obtain a different torque at the two implants, one with approximately 30 Ncm and the other with > 70 Ncm, on both sides of the mandible. However, only the implants at one side of the mandible were immediately loaded, while those at the opposite side were left unloaded. Both bone-to-implant contact and bone density were found to be higher at the loaded compared with the unloaded sites. Moreover, these parameters were higher at the 30 Ncm sites compared with the > 70 Ncm sites. In another dog study, implants were placed immediately after tooth extraction and immediately loaded, while the controls were left unloaded.<sup>3</sup> Higher bone-to-implant contact was reported at the loaded compared with the unloaded sites after both 30 and 90 days of healing.

In the present study, only a tendency to higher bone-to-implant contact and bone density was found at the loaded compared with the unloaded sites. It has to be considered that five patients with devices already placed presented symptoms from an unexpected endemic infection that made it impossible for them to comply with the timing required in the protocol of the study. The implants had to be retrieved with a counter-torque procedure as soon as the patients recovered from the disease. These patients had to be excluded from the study. Moreover, one biopsy specimen was severely damaged during collection, so six patients were lost in total. These events have obviously reduced considerably the power of the present study.

The biopsy specimens in the present study were collected by means of a sonic instrument on which a thin saw was mounted. The instrument was used in close vicinity to the implants to save most of the hard tissue at the donor sites so that only the buccal aspect was included in the biopsy specimens. This method was selected based on the reports of an *in vitro* study.<sup>17</sup> In that study, 4-mm-long and 2.4-mm-diameter screw-shape implants were placed in bovine fresh ribs. Three different methods for biopsy specimen collection were adopted, two using trephines and one using a similar saw used in the present experiment and mounted on a sonic instrument. The trephines were used concentrically or eccentrically, respectively. It was shown that the sonic instrument needed more time to collect biopsy specimens. However, it yielded a higher quality of the specimens retrieved, including the interface between the implant surface and the bone, and a low volume of the defects at the donor sites compared with the trephines.

In the present study, implants were mainly surrounded by newly formed lamellar bone. However, old bone was still visible in various areas, and still in contact with the implant surface in small percentages. It has to be considered that, after placement, the implant surface is in contact only with old parent bone that guarantees the primary stability. New bone formation occurred rapidly in the areas not in contact with the mineralized bone, such as in marrow regions or within spaces between the recipient sites and the implants.<sup>20,21</sup> In the zones in contact with the parent bone, instead, the old bone has to be first resorbed, leaving space to the new bone, before the occurrence of new bone apposition; the dynamics of this process are influenced by several factors. In a review<sup>22</sup> of sequential studies on the early phases of osseointegration, it was shown that the fastest rate of osseointegration was in rabbits followed by dogs, and the slowest rate was seen in humans. Moreover, it was shown that osseointegration was faster in the spongiosa compared with the cortical bone and faster at moderately rough surfaces compared with turned surfaces.

The high percentage of bone-to-implant contact found in the present study (> 83%) may be related not only to the quality of the surface used, but may have also been affected by the method used to select the area to be analyzed and by the quality of the region in which the implants were placed, mainly composed of cortical bone. Indeed, a moderately rough surface was used, and very low or no correlation was found between the bone in contact with the implant surface and the adjacent bone density. This is in agreement with the results reported in experiments in dogs in which the healing at moderately rough surfaces was compared with that at turned surfaces. Higher bone-to-implant contact but lower bone density were found at the rough compared with the turned surfaces.<sup>20,23</sup> This, in turn, means that low correlation may be expected at the moderately rough surfaces.

## CONCLUSIONS

Applying a delayed load to implants supporting single crowns did not yield statistically significant differences but only a tendency of higher osseointegration and bone density at loaded compared with unloaded sites.

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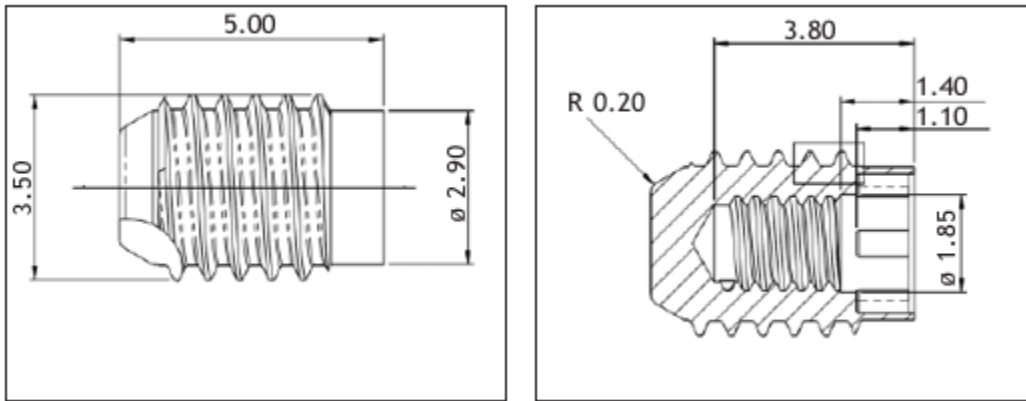
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## FIGURES



**Fig 1** Technical features and measures of the device



**Fig 2** Clinical view of a single crown in resin applied to a device placed in the distal segment of the mandible



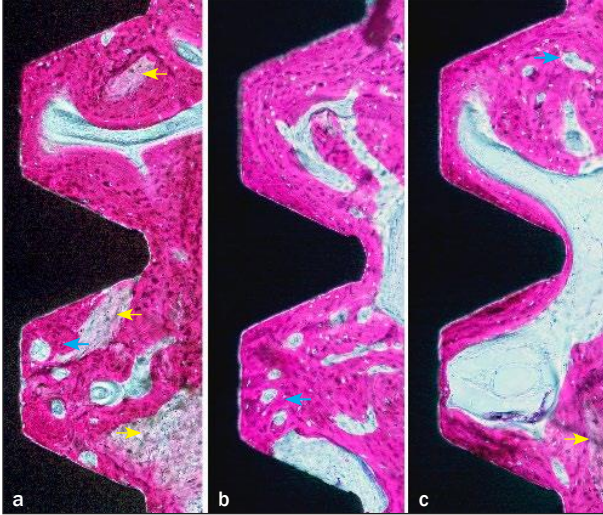
**Fig 3** Biopsy specimens of the devices at (a) loaded and (b) unloaded sites.

**Table 1** Tissues in Contact with the Implant Surface in Percentage (n = 10)

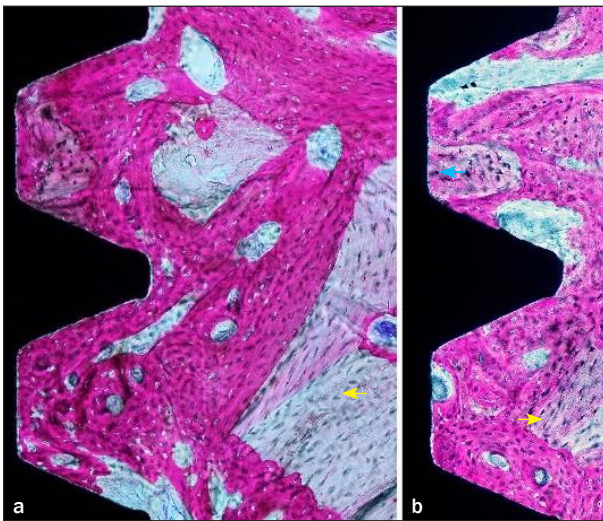
		New bone	Old bone	Total mineralized bone	Soft tissues
Loaded (%)	Mean (SD)	85.5 (6.7)	1.3 (1.2)	86.8 (6.5)	13.2 (6.5)
	Median (25th; 75th)	85.9 (82.4; 90.1)	1.2 (0.6; 1.6)	87.1 (82.8; 91.4)	12.9 (8.6; 17.2)
Unloaded (%)	Mean (SD)	83.4 (3.9)	1.2 (0.9)	84.6 (3.7)	15.4 (3.7)
	Median (25th; 75th)	82.7 (82.1; 83.7)	1.3 (0.7; 1.9)	84.0 (83.0; 85.0)	16.0 (15.0; 17.0)

Mean values (SD) and medians (25th and 75th percentiles).

$P > .05$ ; no statistically significant differences were seen.

**Table 1** Tissues in Contact with the Implant Surface in Percentage (n = 10)

**Fig 4** Ground sections illustrating the result of healing at the loaded sites after 4 months from placement and 2 months of loading. Islands of old bone were still visible (light purple color; yellow arrows) surrounded by vast areas occupied by newly formed bone (dark purple color). Bone remodeling processes were also found (examples indicated by light blue arrows). Microphotographs originally grabbed at  $\times 100$  magnification. Acidfuchsin and toluidine blue stain



**Fig 5** Ground sections illustrating the result of healing at the unloaded sites (control) after 4 months from placement. Newly formed bone (dark purple color) was separating the implant surface from the old bone (light purple color; examples indicated by yellow arrows). Only small portions of old bone were found in direct contact with the implant surface (light blue arrow). Microphotographs originally grabbed at  $\times 100$  magnification. Acidfuchsin and toluidine blue stain.

<b>Table 2 Tissue Components Around the Surface in Percentage (n = 10)</b>					
		<b>New bone</b>	<b>Old bone</b>	<b>Total bone density</b>	<b>Soft tissues</b>
Loaded (%)	Mean (SD)	69.0 (8.3)	7.8 (3.9)	76.8 (8.3)	23.2 (8.3)
	Median (25th; 75th)	66.6 (66.0; 70.9)	6.2 (5.8; 9.9)	79.3 (72.2; 80.8)	20.7 (19.2; 27.8)
Unloaded (%)	Mean (SD)	65.9 (10.3)	8.2 (4.5)	74.1 (10.5)	25.9 (10.5)
	Median (25th; 75th)	67.0 (62.7; 71.2)	8.0 (5.4; 9.1)	75.1 (69.1; 81.9)	24.9 (18.1; 30.9)

Mean values (SD) and medians (25th and 75th percentiles).

$P > .05$ ; no statistically significant differences were seen.

Table 2 Tissue Components Around the Surface in Percentage (n = 10)