

La Mesa Dentist Compares Restorative Dentistry Procedures

Dr. Jimmy Wu, a San Diego-area dentist, details a range of restorative procedures, such as dental implants and All-on-4®.

LA MESA, CA, UNITED STATES, February 26, 2026 /EINPresswire.com/ -- Patients facing tooth loss or extensive dental damage often find themselves overwhelmed by the number of available treatment options. From single [dental implants](#) to full mouth rehabilitation, modern [restorative dentistry](#) offers a wide range of solutions designed to improve oral health, comfort, and smile structure. Dr. Jimmy Wu, a San Diego cosmetic dentist, notes that although each procedure aims to improve function, important distinctions set them apart.

“Restorative dentistry is not one-size-fits-all,” Dr. Wu explains. “Each procedure serves a different purpose depending on a patient’s oral health, the number of missing teeth, bone density, and long-term goals.”

Dental Implants: Replacing Individual Teeth

Dental implants are widely considered the gold standard for replacing a single missing tooth. This procedure involves placing a small titanium post into the jawbone, where it integrates with the bone over time. Once healed, the implant is topped with a custom dental crown designed to blend with the surrounding teeth.

One key advantage of dental implants is their ability to preserve jawbone health. When a tooth is lost, the underlying bone can begin to deteriorate. Since implants can stimulate the bone similarly to natural tooth roots, they help prevent this loss. Dental implants are typically recommended for patients missing one or several teeth who have sufficient bone support and healthy gums.

[Implant-Supported Dentures](#): Stability for Multiple Missing Teeth



For patients missing several or all of their teeth, implant-supported dentures may offer a more stable alternative to traditional removable dentures. Rather than resting on the gums alone, these dentures are anchored to multiple dental implants placed strategically throughout the jaw.

Implant-supported dentures can reduce common concerns associated with conventional dentures, such as slipping, discomfort, or difficulty chewing certain foods. As they are secured to implants, they often provide improved stability and biting strength. Some versions are removable for cleaning, while others are fixed in place by a dental professional.

All-on-4®: A Streamlined Approach to Full Arch Restoration

All-on-4® is a specific type of implant-supported full arch restoration. This technique uses four carefully angled dental implants to support a full set of replacement teeth on the upper or lower jaw. By maximizing the use of available bone, All-on-4® can sometimes eliminate the need for bone grafting, which may shorten treatment time for certain patients.

The All-on-4® approach is often considered by individuals who have experienced significant tooth loss or severe dental damage but still maintain enough bone structure to support implants. It provides a fixed, non-removable solution designed to restore function and appearance in a single arch.

Full Mouth Rehabilitation: A Comprehensive Strategy

While dental implants and implant-supported options focus primarily on tooth replacement, full mouth rehabilitation addresses more complex or widespread concerns. This comprehensive treatment plan may combine multiple restorative procedures, such as crowns, bridges, dental implants, periodontal therapy, and bite correction.

Full mouth rehabilitation is typically recommended for patients with extensive wear, advanced decay, trauma, or long-standing bite issues. The goal is not only to replace missing teeth but also to restore proper alignment, jaw function, and overall oral health. As each case is unique, treatment plans are highly individualized and may be completed in stages.

Choosing the Right Option

Dr. Wu emphasizes that determining the appropriate restorative procedure requires a thorough evaluation. Factors such as gum health, bone density, medical history, lifestyle habits, and patient preferences all play a role in the decision-making process.

“For someone missing a single tooth, a dental implant may be the most conservative and predictable option,” Dr. Wu says. “For patients missing an entire arch of teeth, implant-supported dentures or All-on-4® can offer greater stability and function. In more complex cases involving significant structural or bite issues, full mouth rehabilitation may be the most comprehensive solution.”

He also notes the importance of long-term maintenance. Regardless of the chosen procedure, consistent oral hygiene practices and routine dental visits are essential to protect both natural teeth and restorations.

As restorative dentistry continues to evolve, patients have more options than ever before to rebuild their smiles and improve oral function. By understanding the differences between treatments, individuals can make informed decisions in collaboration with their dental provider.

About Jimmy Wu, DDS

Dr. Jimmy Wu is a San Diego native who has been practicing dentistry since 2000, when he returned home to take over for a retiring dentist. A graduate of UC San Diego with a degree in biology and a DDS from the University of Southern California, he has built his career on both scientific research and clinical excellence. Dr. Wu founded Sutra Dental Spa after relocating his practice in 2005 and has extensive experience in cosmetic dentistry, orthodontics, and CEREC® same-day restorations, completing thousands of porcelain veneers and ceramic restorations as well as numerous full mouth reconstruction cases. With more than 5,000 hours of continuing education and advanced training in areas such as TMJ treatment and laser dentistry, he remains dedicated to staying at the forefront of modern dental care while serving the La Mesa community. He is a member of numerous professional organizations, including the American Dental Association, California Dental Association, and American Academy of Cosmetic Dentistry. Dr. Wu is available for interview upon request.

For more information about Dr. Jimmy Wu and Sutra Dental Spa, please visit sutrads.com or [facebook.com/SutraDentalSpa](https://www.facebook.com/SutraDentalSpa).

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