

# Torque factor in implant dentistry

Dr Sushil Koirala, Nepal

**Dental implants have revolutionised dentistry**, providing a permanent, functional and reliable solution for missing teeth. With advancements in technology, the success rates and outcomes of implants have become more predictable, solidifying their role in restorative dentistry.

The practice of implant dentistry should be informed by the clinical outcomes from a clinician's own cases based on long-term records. Clinicians should embrace the role of practice-based researcher, using their experiences and documented evidence to help refine implant dentistry into a more straightforward, predictable and affordable method of restoring missing teeth.

Numerous implant manufacturing companies around the world produce a variety of implant designs and suggest different surgical and restorative protocols, each with various claims. However, many novice practitioners face challenges in selecting the appropriate implant system and developing the necessary skills to achieve clinical competency. This often results in an over-reliance on guidance from mentors, company-backed speakers, marketing materials, social media and financially motivated offers from implant suppliers.

To address this issue, leading clinicians worldwide are collaborating to share their long-term research findings, clinical experiences and expert opinions through unbiased, philanthropic educational platforms. These efforts aim to support young practitioners and simplify the field of implant dentistry, enhancing affordability and quality of care.

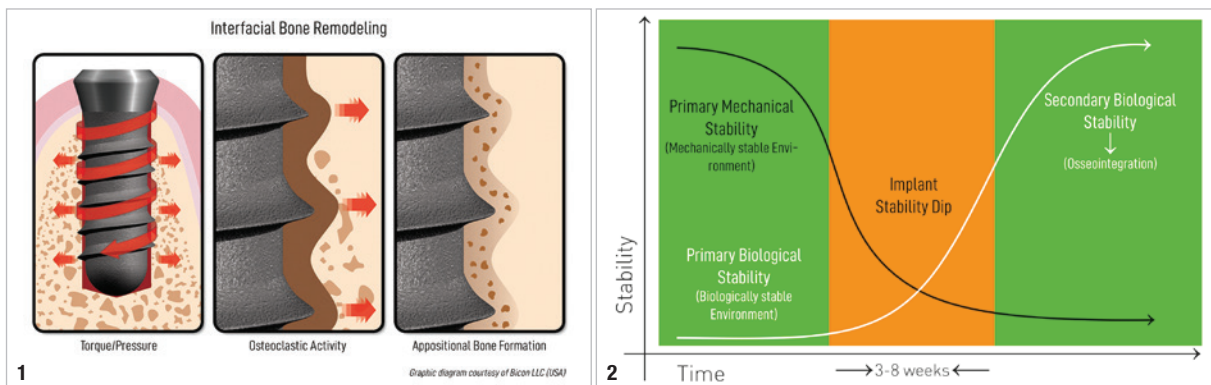
## Implant systems

Implants are designed to support the restoration of missing teeth and remain in the jawbone permanently, making the selection of the right implant system crucial for success. Simplifying the learning and adoption of these systems is essential for long-term practice success.

There are multiple approaches to classification of implant systems, such as implant design, surface treatment, materials used, implant length and diameter, placement level and site, prosthetic design, and surgical and restorative protocols. If you carefully examine the key factors of implant systems based on fundamental biomechanical principles and core benefits, you will likely find the same factors that guide my practice.

In my 32 years of clinical practice and extensive involvement in teaching and mentoring in the area of minimally invasive comprehensive dentistry (MiCD), one of the most challenging questions I frequently encounter from fellow practitioners and trainees worldwide is which implant system is best and easiest to master. While this question seems simple, it requires long-term practice-based research and clinical experience to effectively teach or share skills and concepts with colleagues in implant dentistry.

Owing to my passion for sharing and teaching clinical skills based on my own practice-based research, I have had the opportunity to work with many like-minded re-



**Fig. 1:** Interfacial bone remodeling: Insertion torque generates pressure around the surrounding bone of the implant and osteoclastic activities start taking place with bone resorption. Slowly this resorbed area will be altered by newly formed woven bone, which eventually re-establishes the contact to the implant interface (secondary biological stability), and will subsequently remodel multiple times toward a lamellar configuration that will support the metallic device throughout its lifetime. (© Bicon) **Fig. 2:** Graphic representation of osseointegration pathway of torque-based implant system.

searchers and academics and well-recognised clinicians worldwide. This collaboration has given me the opportunity and confidence to use different implant systems and observe their clinical predictability and long-term success in my own practice. Our group at MiCD Global Academy has witnessed both successes and failures across various systems, emphasising the importance of respecting biology and individual biomechanical adaptation capacity.

Based on these observations, I have proposed a simplified classification for implant systems based on the application or avoidance of the torque factor in implant dentistry. By carefully examining the implant system used in your practice and how you approach the torque factor, you can understand the sensitivity of this art and science during surgical and restorative processes. In this brief article, I will summarise the clinical and scientific facts and contemporary professional understanding of the torque factor<sup>1–78</sup> that we apply, knowingly or unknowingly, in our implant dental practice.

## New classification of dental implant systems

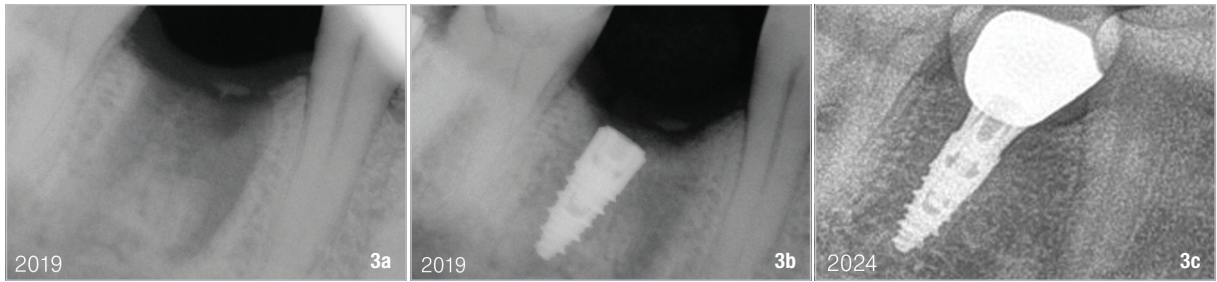
I propose a new classification of implant systems based on the use or avoidance of the torque factor in implant placement and prosthesis fixation. This classification aims to simplify clinical practice, enhance teaching methodologies and support practice-based research in implant dentistry. By categorising the available systems into two simple groups, clinicians can more easily choose the appropriate system for their patients, improving outcomes and streamlining the learning process (Table 1).

### Torque-based implant system

The torque-based implant system utilises a threaded design and appropriate torque to place the implant in the jawbone, following the concept of primary mechanical stability as the foundation for secondary biological stability, or osseointegration. Primary mechanical stability is achieved by applying a specific amount of torque to insert the implant into an under-prepared osteotomy site, creating

Key issues	Torque-based implant system	Torque-free implant system
Implant macro-design	Screw root form	Plateau root form
Healing chambers	None/limited	Well focused and in-built design
Primary mechanical stability	Considered foundation for success	Not applicable
Osteotomy diameter	Smaller than implant diameter	Similar to implant diameter
Preferred implant length	Longer/standard	Shorter (minimally invasive)
Torque application stages	Multiple	Not necessary
Implant insertion torque	Multiple recommendations	Not applicable
Cover screw placement/removable torque	Necessary and based on implant design	Screwless, so not applicable
Healing abutment placement/removable torque	Necessary and based on implant design	Screwless, so not applicable
Abutment screw placement/removable torque	Necessary and based on implant design	Screwless, so not applicable
Prosthetic screw placement/removable torque	Necessary and based on implant design	Screwless, so not applicable
Healing pathway	Interfacial bone remodelling	Intramembranous-like bone remodelling
Healing speed	1–2 µm per day	20–50 µm per day
Primary stability dip phase	Present	Not present
Functional loading protocols	Multiple approach	Single approach
Delayed functional loading (gold standard)	Biological stability dependent	Biological stability dependent
Early functional loading	Possible if primary stability value permits	Not recommended
Immediate functional loading	Possible if primary stability value permits	Not recommended

**Table 1:** Key issues related to torque factor in implant dentistry. This helps differentiate torque-based and torque-free implant systems, enabling clinicians to understand the long-term benefits and technique sensitivity of the system they are using or planning to adopt.



**Fig. 3a:** Healing extraction socket. **Fig. 3b:** A torque-based implant (Intra-Lock) was placed with a torque range of 25 Ncm due to the low density of bone at the time of implant placement (2019), and functional loading was done after four months. **Fig. 3c:** Bone gain is evident in follow-up X-ray of 2024.



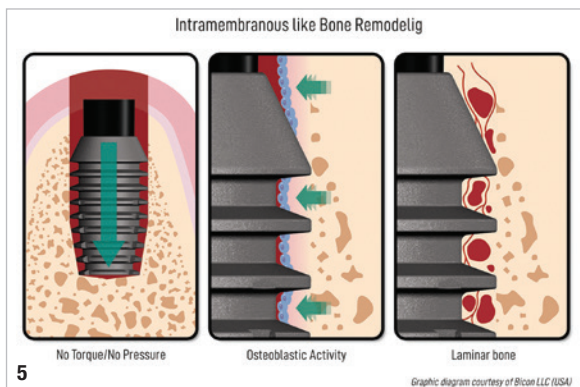
**Fig. 4a:** Two torque-based dental implants (Intra Lock) were placed (2018) with a torque range of 45–55 Ncm. **Fig. 4b:** Bone loss was observed (2023) around implant #46, hence the prosthesis was removed for thorough debridement of the affected area. A new prosthesis with a wider gingival diameter was provided after two weeks. **Fig. 4c:** Bone healing noted after one year (2024).

a mechanically stable environment. The primary mechanical stability achieved by such an implant system must endure the implant stability dip phase of the healing process (Figs. 1–4).

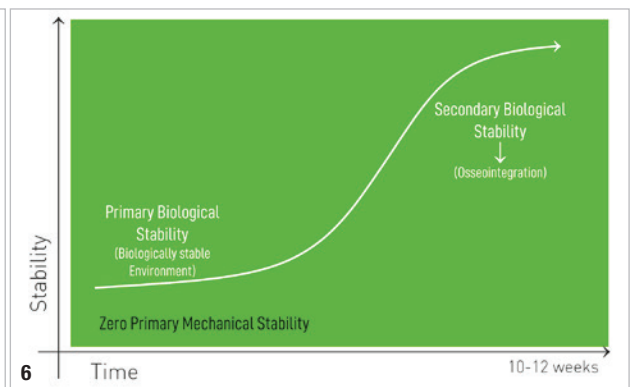
The general clinical implications of the torque-based implant system are as follows:

1. Primary mechanical stability depends on factors such as bone density, implant design and the level of torque application.
2. Assessing the patient’s bone quality is essential before determining the appropriate torque level. Dense bone typically requires higher torque, whereas softer bone necessitates a more conservative approach.

3. High torque during implant insertion can induce tissue stress, potentially compromising healing. Primary mechanical stability may decrease during the initial healing phase, making immediate and early functional loading protocols sensitive and often requiring special measurement tools to confirm stability.
4. Precise torque application demands a high level of surgical skill and experience. Using high-quality, calibrated torque instruments is essential to ensure accuracy. Digital torque wrenches provide precise control, reducing the risk of human error.
5. Mechanical complications, such as screw loosening and fracture, and ultimately implant failure may arise from incorrect torque application during the restorative phase.



**Fig. 5:** Intramembranous like bone remodeling: The void spaces left between bone and implant bulk, is referred as healing chambers, will be filled with blood clot immediately after placement and will not contribute to primary stability. Such healing chambers, filled with the blood clot, will evolve toward osteogenic tissue that subsequently ossifies through an intramembranous-like pathway. (© Bicon) **Fig. 6:** Graphic representation of osseointegration pathway of the torque-free implant system.





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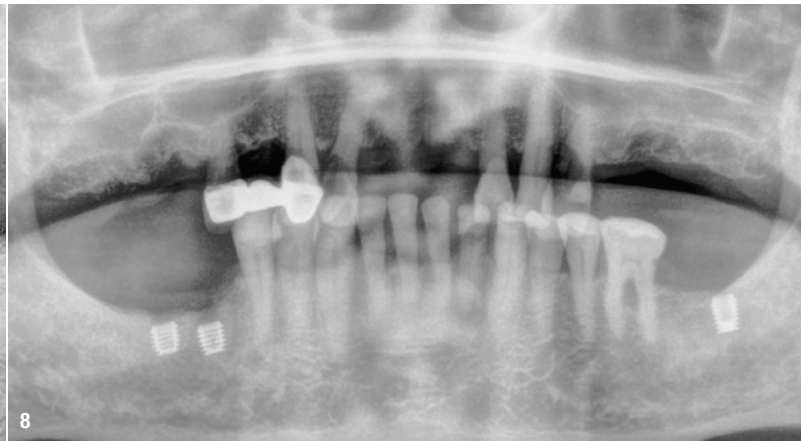
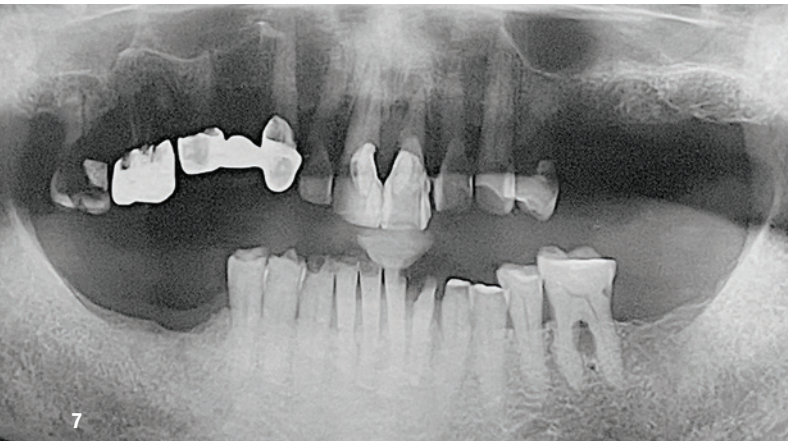
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**Fig. 7:** The patient had a history of conventional implant failure, so we decided to place torque-free short implants. (© Bicon) **Fig. 8:** Three torque-free short dental implants (Bicon) were placed in the posterior region of the mandibular arch, and the patient was provided with a removable upper denture.

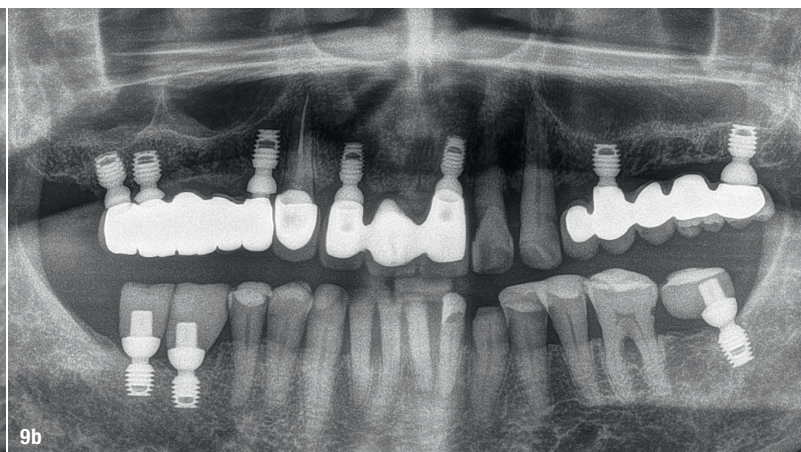
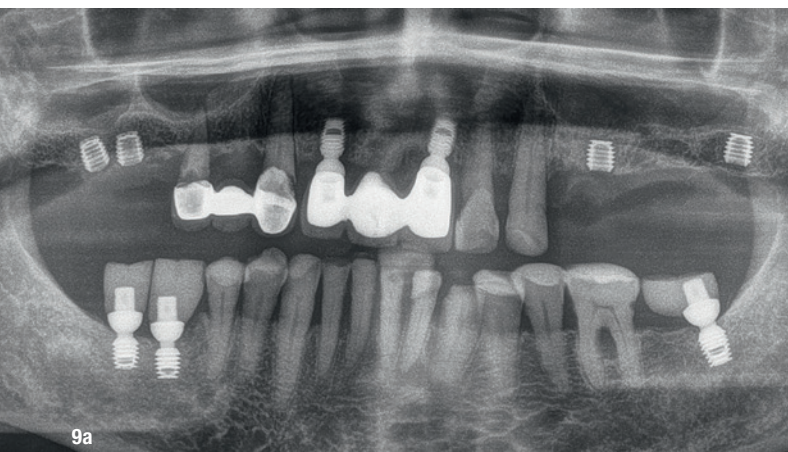
- 6. Long-term secondary biological stability is often reliable if primary mechanical stability is successfully achieved by respecting bone biology and the healing approach.
- 7. Immediate and early functional loading protocols in torque-based implant dentistry are becoming popular, demanding optimal primary mechanical stability and objective confirmation before seating the prosthesis.

### Torque-free implant system

The torque-free implant system avoids primary mechanical stability by keeping the final osteotomy size similar to the implant diameter. Such implants have built-in healing chambers that increase the implant surface area, promoting primary biological stability (biologically stable environment) that facilitates faster secondary biological stability. Additionally, such a system incorporates bioactive surface treatment technology, enhancing the implant's ability to bond with bone cells. Since this system does not rely on primary mechanical stability, there is no primary stability dip phase during the healing process (Figs. 5–8).

The general clinical implications of torque-free implant systems are as follows:

- 1. The gentler approach of placing implants without torque preserves bone integrity, creating a biologically favourable and stable environment for healing.
- 2. Placement is less invasive and technically less demanding, potentially reducing surgery time and improving patient comfort.
- 3. Patients with poor bone quality or density can benefit from these innovative solutions.
- 4. The bioactive surfaces of the implants can accelerate bone healing and help achieve earlier secondary biological stability.
- 5. These implants are beneficial in areas with limited bone volume, where achieving primary stability through torque-based methods is challenging.
- 6. Since the implant sits passively within the bone, immediate functional loading is not possible, and early loading is not advisable.
- 7. Implant systems based on torque-free implant dentistry are suitable for cases with low bone volume and density.



**Figs. 9a & b:** With the success of torque-free short dental implants, the patient was encouraged to have similar implants placed in the upper arch to avoid sinus lift and bone graft procedures.

# innovations

by Dr. Armando Lopes

## Conclusion

As dentists integrate implant dentistry into their practices, understanding the role of torque and selecting the right implant system is crucial. Torque-based systems provide reliable results when precise torque application is achieved, requiring clinical skill and additional instruments to confirm primary stability for successful immediate or early functional loading. Torque-free systems offer predictable results with simplified instruments and are ideal for practitioners who prefer predictable techniques that are less invasive, often avoiding sinus lift and other grafting procedures.

Both systems have their place in modern implantology, each with unique advantages. Recent research and developments indicate that contemporary implant manufacturers are focusing on combining the benefits of both a mechanically stable environment (tight fit) and a biologically stable environment (healing chambers) in a single implant through innovative implant design, leading to the emergence of hybrid implant systems. Only long-term clinical and practice-based research will determine their future success.

By leveraging shared knowledge and experience, dentists can enhance their skills and make implant dentistry more accessible and rewarding. For further learning, explore the MiCD learning station at [www.micdglobalacademy.com](http://www.micdglobalacademy.com).

Editorial Note: This article first appeared in *Implant & Digital Dentistry—Nepal* and is reprinted here with the publisher's permission in an edited version.



## about the author



**Dr Sushil Koirala** is the founder and chief instructor of MICD Global Academy. He also serves as chairman of National Dental Hospital Ltd. in Kathmandu, Nepal. Dr Koirala leads advanced training in "MiCD Care—Do No Harm Dentistry" through the Academy of Advanced General Dentistry (AAGD) in Nepal.

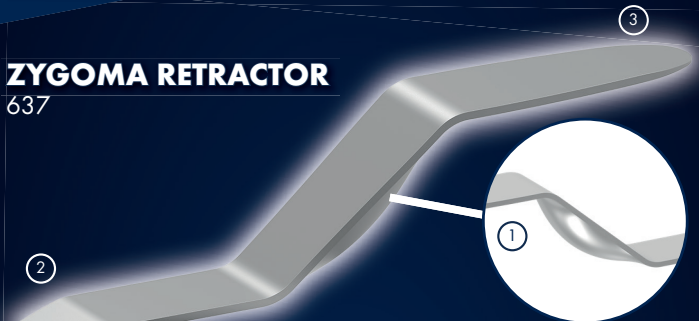
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### ZYGOMA RETRACTOR

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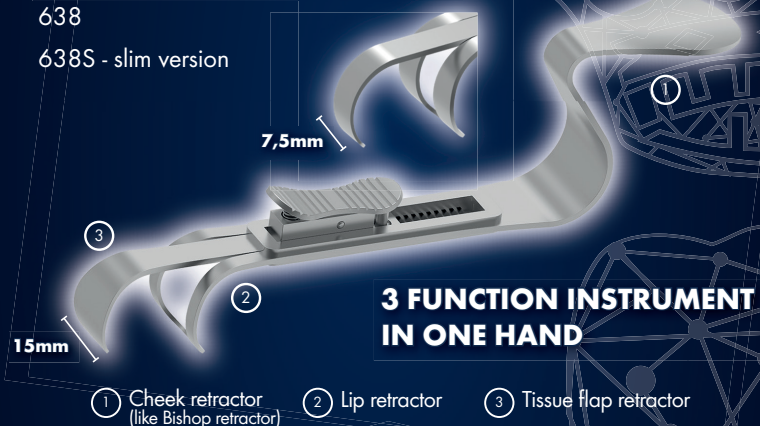
#### MULTIFUNCTION & ERGONOMICS

- ① Ball shaped handle ② Zygoma bone retractor ③ Periosteal elevator

### DOUBLE HOOK RETRACTOR

638

638S - slim version

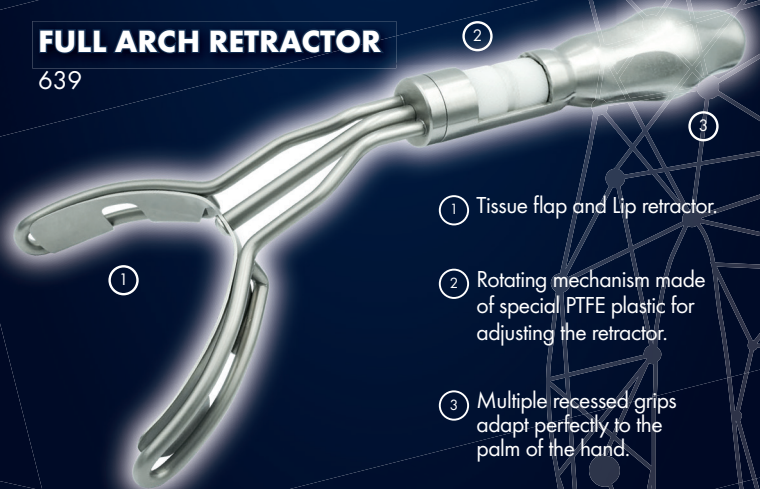


#### 3 FUNCTION INSTRUMENT IN ONE HAND

- ① Cheek retractor (like Bishop retractor) ② Lip retractor ③ Tissue flap retractor

### FULL ARCH RETRACTOR

639



- ① Tissue flap and Lip retractor.  
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