

Modern Smiles

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EXCEPTIONAL Choices To REPLACE TEETH

Modern dentistry offers many ways to replace natural teeth. Today's technology saves you time, enhances comfort and creates a natural look and feel.

In dentistry, adults are finding that having work done based on cheap fees means corners were cut somewhere. The sacrifice is typically experienced in longevity, function and overall satisfaction.

We believe in providing the very best results for a reasonable cost. If treatment fees are beyond your budget, ask about payment plans. In many cases, patients can finance their treatment for no down payment and no interest. While you enjoy a more confident smile, these can break costs into manageable, monthly payments.



DENTAL IMPLANTS

The ideal tooth replacement option today is a Dental Implant. With the implanted portion anchored in your jaw bone, Implants restore natural biting strength and stability. Using the advanced technology of CEREC 3D, we create replacement teeth in our office while patients relax. The attached teeth do not move when eating, slip when laughing or cause uncomfortable rubbing on gums.

Implants provide an optimal look, feel and function with exceptional longevity. Another advantage is they do not need adjacent teeth for support.

Dental Implants are also designed to last your lifetime, making them an exceptional investment.

CROWN & BRIDGE

Crown-&Bridge combinations are a familiar means of replacing one or several teeth in one area. In these, a bridge is positioned between natural teeth on each side. Bordering teeth are crowned to support the bridge.

In our office, we create bridges to blend beautifully with adjacent teeth. Our technology can also create your bridge while you relax rather than waiting weeks on a dental lab. This means you avoid wearing a temporary and need no second appointment and numbing.

With this technology, you can walk out of the office with your final porcelain crown-&-bridge, completed in just one visit.

PRECISION-FITTED PARTIALS

Our technology also means a partial denture can be placed in one visit as well. A partial replaces several teeth and is secured to existing natural teeth. It is custom-contoured to the curve of your gums and blends attractively with surrounding teeth.

FULL DENTURES

When you are missing all of your upper or lower teeth, a 'full arch' denture is the preference of some patients. These restore the look of a full smile with comfortable chewing and speaking ability.

While not as ideal as implants, many dentures offer a more affordable way to enjoy confidence when eating and laughing. Should the denture begin to slip due to bone loss, relines can reshape the denture to your altered gum ridge contours.

Our goal is to create an ideal result for the tooth replacement you prefer with a superb outcome. If you are missing teeth, replacing them is vital. Missing teeth can lead to misalignment of other teeth and contribute to further tooth loss.

To discuss replacing teeth, call for a consultation. I'll explain your best options and our financial coordinator can discuss payment plans, if desired.

Better Ways To Take Care Of Your Smile Between Visits

You think you're about to read another lecture on "Brush twice a day and floss daily," right? We assume you know that! We'd like to share tips you may not know that can make a BIG difference when it comes to your smile.

 **Don't Rush To Brush:** Removing food debris from your mouth after eating helps control oral bacteria levels.

However, wait about 30 minutes after eating before brushing.

When eating, acids flow into the mouth to break down food as part of the digestive process. This acid's intensity actually softens tooth enamel for 20-30 minutes. Brushing too soon can wear down precious tooth enamel due to the abrasiveness of a toothbrush and toothpaste, leaving teeth susceptible to decay. Rather than brushing, swish with water until it is safer to brush.



Be Aware Of Acidic Food & Beverages:

Acid levels are high in foods such as tomatoes, citrus, eggs and dairy as well as beverages like wine, coffee, colas and fruit juices. Acid erosion is harmful to tooth enamel. Consider swishing with water after consuming acidic items or drink water and let it wash over teeth before swallowing. This will dilute the acid and reduce its ability to cause damage.



Know That Sugar & Carbs Super-Charge Oral Bacteria: All mouths have bacteria.

However, as they accumulate, more exist to reproduce and the faster the bacteria level grows. Sugar and carbohydrates are their 'super-foods' that rev up reproduction, enabling them to grow and thrive at a rapid pace. Bacteria are to blame for bad breath, cavities and gum disease. Brushing and flossing help remove bacteria that have

accumulated but limiting foods that rev them up will help your smile (as well as your waistline)!



Make Sure Your Brush-&-Floss Time Is Well Spent: Regardless of the dental technology developed, the best tools you have for a healthy mouth are toothbrush, toothpaste and floss. Yet, it's your technique that can make this time truly effective.

Thank You For Referring Others!

New Smiles Are Always Accepted!

We take it as a special compliment when new patients call because of your recommendations!

Many thanks!

Continued ...

Continued from: ...**Better Ways**

- ✓ Brush with a soft or medium bristle toothbrush using fluoridated toothpaste.
- ✓ Brush for two minutes twice a day.
- ✓ Floss daily (*preferably after your evening meal*).
- ✓ If you use mouthwash, read the label to avoid those containing alcohol.
- ✓ Ideally, use a tongue scrapper. These dislodge bacteria embedded in the tongue (*and there are many there!*)

While your periodic exams and cleaning appointments help to create a 'clean slate' every six months, we want to help you maintain a healthy smile between visits. Our Hygienists are always happy to discuss your home care regimen and help you perfect your technique. They can also recommend home-care options to enhance your time at the sink, including the Oral B electric toothbrush, water flossing systems (*such as Water Pik*), and fluoride rinses.

Have A Smile

That Presents You At Your Very Best!

As a dentist, there are few things as satisfying as handing a patient a mirror to view the final results of a smile makeover. Their expressions alone are worth a thousand words.

A new smile seems to transform people from the inside out. An attractive smile improves facial appearance, boosts self-confidence and self-esteem, and tends to be shared more often.

Research has shown that people who smile more may extend their lifespans by up to 3 years, while those who frown frequently trim off a year, on average. Smiling apparently triggers endorphins, the chemical in the brain that creates happy feelings. Even faking a smile can have a positive effect!

To ensure a natural look and feel, we create beautifully shaped and shaded restorations that will never reveal 'dental work.' These crowns and veneers even reflect light as natural teeth. And, using the



highest quality materials, the longevity is exceptional.

An added bonus for our patients is in our technology. We can create precision-made crowns and veneers 'while you wait.' This means you won't have to wear a temporary while a dental lab creates your final restorations. Additionally, treatment time is reduced and numbing requirements are cut in half.

To discuss the smile you desire, call for a consultation. Also, check out our Smile Gallery at: SmilesByAndrews.com.

Protect Your Health With A Healthy Smile!

Most individuals make a concentrated effort to be proactive with their family's health. To accomplish this, people try to stay active, eat healthy and have regular check-ups or screenings.

Research has shown that being committed to your oral health is an important part of protecting your overall health. Studies have found links between the bacteria of periodontal (gum) disease and serious problems including heart disease, stroke, diabetes, arthritis, preterm babies, impotency and more.

Oral bacteria thrive and reproduce in your mouth by eating away at gum tissues. Because they reproduce rapidly, they can easily go from gingivitis (an early stage of gum disease) to periodontal disease, an infection. While gingivitis causes tender gums that bleed when brushing, periodontal disease symptoms are more severe. These include persistent bad breath, sore gums that bleed easily, gums that darken in color, receded gums, and pus pockets that form at the base of teeth.

Gum disease is the leading cause of adult tooth loss in the U.S. Its potent bacteria can also become bloodborne through tears in diseased gum tissues, causing problems elsewhere in the body. The bacteria of periodontal disease have been shown to trigger inflammatory reactions that are the origins of the health problems mentioned prior. And, as research continues, even more problems are being linked to oral bacteria.

Another reason to keep your smile healthy is to save money. By devoting mere minutes a day to your oral hygiene and having regular check-ups, you can prevent many problems.

Renew your oral health commitment! It can help you enjoy a terrific smile and a healthier **YOU!**

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