Amazing Dental
Calle Quinta # 486 Los Algodones Baja California 21970
USA Mailing Address: 1107 S 5th Ave. #217 Yuma AZ 85364
Andrea Chisolm– Owner Manager - 480-332-0774

Table of Contents

EXTRACTIONS

Proper formation and protection of the blood clot are crucial for healing after tooth extraction. To prevent complications like dry socket, follow guidelines to keep the blood clot intact. If a dry socket occurs, exposing bone and nerves, it can cause discomfort and delay healing. Applying clove oil near the extraction site may help reduce pain. Seek professional assistance if you suspect a dry socket; your dentist can apply a medicated dressing for relief. Antibiotics may be prescribed for infections. Adhere to post-extraction care instructions to minimize dry socket risk and promote healing.

Swelling and bruising are common after wisdom teeth removal. The most intense swelling, pain, and jaw stiffness typically occur 2-3 days post-surgery. Apply ice packs on the day of surgery to minimize swelling. After 36 hours, use moist heat for jaw soreness. Gently stretch your mouth open to prevent permanent limited opening. Maintaining movement aids recovery.

Gum tissue takes about 3-4 weeks to heal, while complete bone healing can take up to 6 months. Pain should lessen by the second day. Feeling the sharp edge of the socket or having small bits of bone surface is normal. Visit our office if a bothersome piece of bone needs removal.

Potential Problem After Tooth Extractions

Patients may experience bone spicules—sharp pieces of bone that develop after a tooth extraction. Bone spicules can cause pain, a poking sensation, swelling, and infection. It's important to inform us if you experience these symptoms.

How to Manage Bone Spicules

- Rinsing with warm salt water to reduce inflammation and prevent infection.
- Taking over-the-counter pain medication such as ibuprofen.
- Applying topical pain-relieving gel like Orajel.

These home remedies are temporary, so schedule an appointment with us for further treatment.

Treatment Options for Bone Spicules

Bone spicules can often come out on their own with frequent saline rinses. We may recommend removal for severe discomfort or infection. Small spicules can usually be removed with tweezers or special instruments. Larger spicules may require minor surgery.

Do's:

- It is common for the treated area to be sensitive in the initial days, and typically, over-the-counter pain relief is sufficient to alleviate any discomfort. Taking preventive measures against pain is easier than trying to alleviate it later on. Consult your dentist for the appropriate pain relief options.
- REST! After the procedure, it is recommended to go home and take it easy for the remainder of the day. Avoid engaging in any strenuous exercise for at least 12 to 24 hours. If you choose to lie down, try

propping your head up with pillows during the first night following surgery. Refrain from bending over or performing heavy lifting activities within 2-3 days.

- Take steps to control any bleeding that may occur. Typically, a gauze pad will be placed on the affected area, and it is important to maintain firm pressure on it. Change this dressing every 30 to 45 minutes based on the extent of bleeding experienced.
- It's important not to worry too much about the amount of blood after an extraction. In reality, a small amount of blood is often mixed with saliva, which can make it appear more dramatic than it actually is. To be prepared, you may consider purchasing some gauze ahead of time. If bleeding occurs, fold a clean piece of gauze into a thick pad and moisten it before placing it directly on the extraction site. Apply firm pressure by biting down on the pad or using finger pressure for approximately 30 minutes to an hour. If bleeding persists, you can try moistening a tea bag and folding it in half, then bite down on it for 30 minutes (the tannic acid in black tea aids in stopping the bleeding). It's normal to experience slight bleeding throughout the first day or so following the extraction, but if heavy bleeding continues after several hours, please contact us for further assistance.
- After the initial 24-hour period, it is recommended to gently rinse four times a day using warm salt water. To create the solution, dissolve one teaspoon of salt in a glass of warm water. When rinsing, be careful not to spit out forcefully. It is important to rinse after every meal and snack, ensuring that any food particles around the area where the tooth is missing are removed.
- In some cases, we may also prescribe an antibiotic mouth rinse to eliminate bacteria. If you have been given antibiotics, please follow the instructions carefully and complete the entire course.
- During the first day or two, it is best to stick to a liquid or soft food diet. This can include options such as soups, yogurts, fruits, milkshakes, smoothies, and mashed potatoes. Additionally, taking a Vitamin C supplement may be beneficial. For the next 3-4 days after your procedure, it is advisable to avoid spicy foods, hot drinks and sodas in order to prevent irritation.

Don'ts:

- It is important to refrain from rinsing the area for 24 hours following tooth extraction.
- Until the numbness subsides, it is advisable to avoid consuming hot food or beverages. When numb, you are unable to detect pain and may inadvertently burn your mouth. Additionally, exercise caution to prevent accidentally biting your cheek.
- Make a conscious effort to refrain from poking at the extraction site by ensuring that your fingers and tongue do not come into contact with this area.
- It is recommended to avoid activities such as using straws, spitting forcefully, and blowing your nose (unless absolutely necessary). The positive or negative pressure generated by these actions could dislodge the blood clot. In cases where you have a cold, allergies, or any condition that may require blowing your nose or sneezing, take appropriate medications to address these issues.
- It is important to refrain from smoking after the procedure in order to promote proper healing. Smoking can hinder the healing process and the sucking motion could dislodge the blood clot.
- It is advised to avoid consuming alcohol for at least 24 hours following the procedure, as it may delay the healing process.
- Still experiencing discomfort? Pain that gradually improves over a week or so is normal. If your pain intensifies after two days, it may be abnormal and you should schedule an appointment with us as this could indicate "dry socket."

DENTURES

2 APPOINTMENTS NEEDED.
MAY REQUIRE ADDITIONAL APPOINTMENTS FOR ADJUSTMENTS.

A denture is a removable appliance that replaces teeth once they have been extracted. Dentures are made from an acrylic base with resin or porcelain teeth.

Dentures can be complex in terms of adjustments, and multiple visits may be necessary. Bringing cracker sandwiches (Keebler or Ritz filled with peanut butter or cheese) during your appointment can help identify spots that rub and cause blisters, reducing the need for subsequent adjustments.

Denture Base

Full (or "complete") dentures are typically made of acrylic with a pink gum color. In some cases, a metal palate made of chrome cobalt is used for extra strength to prevent cracks. This metal palate is often utilized when upper dentures are prone to breaking due to force exerted by natural lower teeth. While the chrome cobalt palate provides strength, it may not fit as snugly as a full acrylic dental palate and may not stay in place as well.

Porcelain vs. Acrylic Teeth

Porcelain teeth are harder than acrylic teeth, making them more durable and preserving jaw movements and alignment longer. Acrylic teeth are less likely to break or develop fractures and may be quieter during chewing, compared to porcelain teeth which might produce a "clacking" sound. Regular checkups are necessary for both types to ensure proper fit, although acrylic dentures may wear out sooner.

Tooth loss can be challenging, but well-fitted full dentures can closely resemble natural teeth. Dentures are available in materials such as porcelain, acrylic resin, and composite resins, with porcelain and acrylic resin being most common. Selection of material depends on wear, durability, and maintenance considerations.

Adapting to Your Removable Denture

Adjusting to new dentures may require time and patience. If any sores, changes in fit, or other issues occur, schedule an appointment for assistance.

- Speaking: Speaking with dentures initially may be difficult, but practice improves adaptation over time.
- Eating: Chewing with dentures is different from natural teeth, requiring side-to-side motion. Cutting food into smaller pieces can aid in effective chewing. Adaptation varies among individuals.
- Removing dentures at night is recommended to give gums and bones a break from daily pressure.

Denture Fit:

- Each denture is unique, crafted using custom molds and finished by hand for a natural look and proper fit.

- Two methods exist for controlling denture fit: relining, which resurfaces the sides of the denture in contact with gums, and adjustments needed due to shifts in bone and gum tissues over time. Relining is typically required five to eight years after initial denture placement.
- Adjustments are common as the denture settles. Upper dentures generally stay in place with suction, while lower dentures may "float" and require practice to stabilize during eating, speaking, and resting. Although denture adhesives can help, they should be avoided in the initial weeks of wearing the new denture.

Caring For Your Removable Denture

- is essential for maintaining the cleanliness and appearance of removable full dentures. Follow these guidelines to ensure good denture care:
- After eating, remove and rinse your dentures. Use water to wash away any food debris or loose particles. To prevent accidental damage, consider placing a towel on the counter or in the sink, or fill the sink with water as a cushion in case you drop them.
- Handle your dentures with care when cleaning them. Avoid bending or damaging the plastic or clasps.
- Once you have removed your dentures, clean your mouth thoroughly. Use a soft-bristled toothbrush on your natural teeth and gauze or a soft toothbrush to clean your tongue, cheeks, and the roof of your mouth (palate). If you use adhesive, make sure to remove any remaining residue from your gums. By following these steps, you can maintain the cleanliness and longevity of your dentures while promoting good oral hygiene overall.
- Brush your dentures at least daily. Remove and gently clean your dentures daily. Soak and brush them with a soft-bristled brush and nonabrasive denture cleanser to remove food, plaque and other deposits. If you use denture adhesive, clean the grooves that fit against your gums to remove any remaining adhesive. Don't use denture cleansers inside your mouth.
- It is important to soak your dentures overnight to maintain their shape and keep them moist. You can place them in water or a mild denture-soaking solution. Be sure to check with your dentist for the proper way to store your dentures overnight. Always follow the cleaning and soaking instructions provided by the manufacturer.
- Before putting your dentures back in your mouth, make sure you rinse them thoroughly, especially if you have used a denture-soaking solution. These solutions may contain harmful chemicals that could cause discomfort if swallowed.
- Regular dental checkups are essential for maintaining good oral health with dentures. Your dentist will advise how often you should visit for examination and professional cleaning of your dentures. They will also ensure that your dentures fit properly to prevent any slipping or discomfort. Your dentist will also examine the inside of your mouth to ensure its overall health.
- If you experience a loose fit with your dentures, it is important to see your dentist promptly. Loose-fitting dentures can lead to irritation, sores, and potential infections. Don't delay seeking dental care in such cases.

Avoid:

- It is best to avoid using abrasive cleaning materials, such as stiff-bristled brushes, strong cleansers, and harsh toothpaste, as they can cause damage to your dentures.
- Toothpastes advertised as whitening pastes often contain peroxide, which has little effect on changing the color of denture teeth. Therefore, it is recommended to avoid using whitening toothpastes.
- Bleach-containing products should also be avoided, as they can weaken dentures and alter their color. Additionally, do not soak dentures with metal attachments in chlorine-based solutions, as this can lead to tarnishing and corrosion of the metal.

- Be cautious with hot water and avoid exposing your dentures to boiling water. Heat can cause warping of the dentures and affect their fit.

THE EFFECTS OF MISSING TEETH

Many individuals experience the effects associated with missing teeth. Historically, tooth extraction was commonly practiced in dentistry, particularly for posterior teeth. However, it is now understood that negative consequences can result from this practice.

Teeth Movement

When a bottom tooth is extracted, the adjacent top tooth, which relies on support from below, may slide or descend. This can lead to exposed roots, sensitivity, an increased risk of gum infection, and potential loosening of that tooth, possibly requiring its removal as well. Similarly, the posterior molar behind the missing tooth may tilt forward due to a lack of lateral support. This misalignment affects the bite, as the top molar then bites down on the side of the impacted tooth, potentially resulting in further misalignment over time and increasing the likelihood of additional tooth loss. The loss of multiple teeth disrupts the structural integrity of the mouth, causing facial shape alterations as lips lose the support of teeth and gums.

Bone Loss

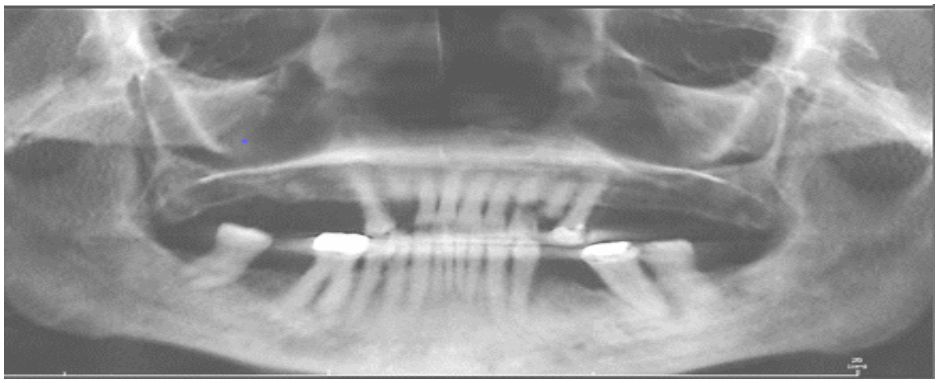
The jawbone beneath the gums, which supports the roots of the teeth, relies heavily on stimulation from the tooth itself to maintain its structure. When a tooth is removed, the surrounding bone begins to degrade rapidly—up to a 25% decrease in width within the first year after tooth loss and up to a 4mm decrease in height over subsequent years. The reduction in bone mass presents two major issues:

Facial Support

The structural integrity of the face is dependent on the support provided by the mouth. As teeth, gums, and jawbone diminish, there is a notable loss of facial support. Lips may begin to droop, and cheeks may hollow due to the degenerating jawbone.

Irreplaceability

As the bone around a missing tooth diminishes and neighboring teeth crowd into the void, replacing the tooth becomes increasingly challenging, and eventually impossible. While dental implants serve as a solution for missing teeth, the procedure requires adequate bone structure for successful osseointegration, the process where the implant fuses to the bone.



Solution

Of course, there are a number of solutions to missing teeth (dependent on surviving bone structure) that we offer at Amazing Dental Care. Typically performed at the time of a tooth extraction, bone grafts place new bone into the open socket immediately after a tooth has been removed. The extraction site is then closed up and the bone graft is allowed to heal, which triggers an integration process with the body where new bone forms and fills in the void left behind.

ROOT CANAL

A root canal treatment is a dental procedure to remove inflamed or infected pulp from inside the tooth. The tooth is then cleaned, disinfected, filled, and sealed. It aims to eliminate bacteria from the infected root canal, prevent reinfection, and save the natural tooth.

If your dentist or endodontist prescribes a root canal procedure for a damaged or diseased tooth, it is a common treatment method. Many teeth are treated and saved this way each year, relieving pain and restoring health.

Inside the tooth, beneath the enamel and dentin, is a soft tissue called pulp. This tissue contains blood vessels, nerves, and connective tissue that help develop the root of the tooth. A fully developed tooth can survive without the pulp because it is nourished by surrounding tissues.

Modern root canal treatments are similar to routine fillings and can be completed in one or two appointments, depending on the tooth's condition and individual circumstances. The procedure is relatively painless and effective, allowing normal function soon afterward.

How do you know if you need a root canal?

Root canals are procedures performed for a cracked tooth due to injury or genetics, a deep cavity, or complications from an earlier filling. Teeth sensitivity, especially to hot and cold sensations, can indicate the need for a root canal.

There are a few symptoms that mean you might need a root canal-

- Severe pain while chewing or biting
- Pimples on the gums
- A chipped or cracked tooth
- Lingering sensitivity to hot or cold, even after the sensation has been removed
- Swollen or tender gums
- Deep decay or darkening of the gums

How long does it take to recover from a root canal?

Most patients can return to school or work right after a root canal, though numbness may last 2-4 hours. Avoid eating until the numbness wears off completely.

What To Expect:

- Prescriptions for anti-inflammatory, antibiotic, and pain medications will be provided by your dentist. Please note that these prescriptions can only be filled in Mexico, as USA pharmacies do not accept prescriptions from Mexico.
- Please follow your dentist's recommended treatment plan for antibiotics.
- Until your tooth has been restored with a crown or treated area has healed, it is advisable to chew on the opposite side of the treated tooth. This prevents any potential fractures as the tooth may still be weakened.

- Avoid chewing gum, caramels, or other sticky and soft candies that could dislodge the temporary material or lead to tooth fractures.

DENTAL CROWNS

2 APPOINTMENTS NEEDED

Dental crowns, also known as "dental caps" or "tooth crowns," are fixed prosthetics cemented onto teeth or implants by a dentist. Crowns strengthen damaged teeth and improve appearance, shape, alignment, and bite. They prevent remaining teeth from shifting due to gaps left by missing teeth, which can cause bite issues. Crowns cover most of the tooth's exposed part and are resistant to decay as they are made of metal or porcelain. However, decay can occur where the natural tooth meets the crown.

Dental Crown Process

At your first appointment, our dentist will examine the tooth to ensure it can support a crown. If it can, the dentist will file it down to prepare for the crown. If the tooth is severely damaged or broken, the dentist may need to restore the tooth base.

After the tooth is prepared, an impression of the tooth and surrounding teeth is taken and sent to our lab to create a permanent crown. Meanwhile, the dentist will place a temporary crown to protect the post.

During your second visit, the temporary crown is removed, and the permanent crown is positioned and fastened with a special adhesive.

At Amazing Dental Care, we offer next-day appointments for patients who provide their own transportation and stay in Yuma overnight. For those relying on our transportation, we schedule non-consecutive travel days to ensure safer operations for everyone involved.

Porcelain Fused To High Noble Metal (PFM) Crown

PFM crowns are a hybrid of metal and ceramic materials. A metal alloy is used to create a thin thimble-like “cap” that fits snugly over the tooth. Porcelain is then fused over the substructure to form the shape of the unit or crown and give it a white tooth-like appearance. Porcelain-fused-to-metal restorations have a 50+ year track record of providing lasting and durable service.

Note: PFM crowns prepared for Amazing Dental Care contain nickel. Some people are allergic to nickel. If you are unsure about being allergic to nickel it is best to discuss this alternative with your primary care physician and inform the dentist if this is the case.

Advantages of PFM

- Due to differences in how they’re made, a PFM’s metal substructure typically achieves a more exacting fit over its tooth than an all-ceramic restoration.
- Even if some of its surface layer of porcelain fractures off, the metal substructure underneath will characteristically stay intact thus maintaining the crown’s seal over and reinforcement of the tooth. In comparison, the full thickness of an all-ceramic may fracture, thus compromising both the seal and structure of the crown or bridge.

Disadvantages of PFM

- Appearance is a difficulty with PFM's. For teeth located where appearance is critical (like incisors or eyeteeth and when one or a few crowns are being placed), an all-ceramic restoration might create a better appearance. For appearance, we recommend you use zirconia, which is made from zirconium silicate.
- For posterior teeth (like premolars and 1st molars) the added strength that a PFM offers allows for a "just-average" appearance, which may be an acceptable tradeoff.
- PFMs require a greater amount of tooth reduction (trimming) than their all-metal and zirconia counterparts.
- Some people are allergic to the metals used, rendering PFM a poor choice.
- Corrosion is sometimes a concern with these PFM materials.

Adjustment Period

It is normal for the crown to feel a little out of place for a few days after cementing because the teeth around this area are adjusting to new forces both in between the teeth and upon biting.

Preventive Procedures

To provide optimum longevity for your restorations and to prevent future decay and supporting-tissue breakdown, please use the following home care tips:

- Brush after eating and before bedtime around the crown with a soft toothbrush, especially where the crown meets the gum line. At the gum line harmful bacteria may exist which may cause decay and gum disease. An electric toothbrush is highly recommended over manual to help you keep this area clean.
- Your teeth and gums can become infected if you do not control the buildup of food debris and plaque.
- A prescribed antibacterial, mouthwash can be used with a Water pik™ to keep your gum line healthy.
- Do not chew hard foods on the restorations for 24 hours from the time they were cemented—to attain optimum strength, the cement must mature for approximately 24 hours
- Avoid eating or chewing on hard objects, hard food, nails, hard candy or ice.
- Avoid sticky treats like caramels, taffy, gummy bears, jellybeans, gum and other sticky candy.
- Limit snacks. Avoid sugary food. If eaten, sugar brush this area and rinse.
- Avoid tobacco, coffee, blueberries, tea and other things that may stain the crown.
- Do not worry about mild sensitivity to hot or cold foods. This sensitivity will disappear gradually over a few weeks. Infrequently, sensitivity last longer than six weeks.

Problems

Call Us If any One Of These Conditions Occurs:

- If the tooth is the first tooth to hit when you bite down after a couple of days, contact us for an adjustment.
- If you experience a feeling of movement or looseness in the restoration.
- If the crown becomes sensitive to sweet foods or it develops a peculiar taste from the restoration.
- If you experience breakage of a piece of material from the restoration or sensitivity to pressure.
- If a crowned tooth develops the need for a root canal procedure after a crown restoration.
- If your temporary crown falls off purchase and use dental adhesives like Polident or Fixodent until you are scheduled to return for your permanent fitting.

- If your permanent crown falls off purchase and use dental adhesives like Polident or Fixodent and call our office immediately to schedule an appointment to reseat the permanent crown.

Zirconium Crown (Zr)

Zirconia (zirconium oxide) is a white powdered metal used to create dental frameworks for crowns, bridges and other dental substructures. It creates the appearance of a whiter more translucent tooth and is transparent in x-rays. Zirconia has been in use in cosmetic dentistry for many years to achieve the most aesthetic result possible but has more recently become widely accepted as the dental material of choice. A zirconia crown is strong enough for molars and maintains sufficient cosmetics for front teeth.

Advantages Of Zirconia

- Zirconia crowns can be translucent enough to blend with other teeth and give a natural look. What's more, if bonded to the teeth rather than being cemented with conventional dental cement, these crowns won't display a black line at the gum line.
- Where porcelain crowns are prone to chipping, zirconia crowns are almost indestructible.
- Zirconia crowns made of zirconia are very durable and likely to last a lifetime.
- Zirconia crowns offer superior strength with less volume than crowns made of other materials. Because they can be made to fit when less space is available zirconium crows offer less sacrifice of healthy tooth.
- Zirconia is completely biocompatible to human body. Since it is inert and the body does not reject zirconia, you need not worry about allergic or unfavorable reactions.
- Zirconia crowns are resistant to corrosion, which adds to their longevity.

Disadvantages of Zirconia

- The toughness of zirconia crowns can cause friction against the root of the affected tooth as well as with other teeth, creating an abrasive quality.
- Though zirconia crowns are expected to last a lifetime, as with any crown, decay underneath the crown my cause them to loosen and fall out. Good dental hygiene is necessary.

Adjustment Period

It is normal for the crown to feel a little out of place for a few days after cementing because the teeth around this area are adjusting to new forces both in between the teeth and upon biting.

Preventive Procedures

To provide optimum longevity for your restorations and to prevent future decay and supporting-tissue breakdown, please use the following home care tips:

- Brush after eating and before bedtime around the crown with a soft toothbrush, especially where the crown meets the gum line. At the gum line harmful bacteria may exist which may cause decay and gum disease. An electric toothbrush is highly recommended over manual to help you keep this area clean.

    - Your teeth and gums can become infected if you do not control the buildup of food debris and plaque.
    - A prescribed antibacterial, alcohol free mouthwash can be used with a Water pik™ to keep your gum line healthy.
    - *Do not chew hard foods on the restorations for 24 hours from the time they were cemented*—to attain optimum strength, the cement must mature for approximately 24 hours
    - *Avoid eating or chewing on hard objects, hard food, nails, hard candy or ice.*

- Avoid sticky treats like caramels, taffy, gummy bears, jellybeans, gum and other sticky candy.
- Limit snacks. Avoid sugary food. If eaten, sugar brush this area and rinse.
- Avoid tobacco, coffee, blueberries, tea and other things that may stain the crown.
- Do not worry about mild sensitivity to hot or cold foods. This sensitivity will disappear gradually over a few weeks. Infrequently, sensitivity last longer than six weeks.

Problems

- Call Us If Any One Of These Conditions Occurs:
- If the tooth is the first tooth to hit when you bite down after a couple of days, contact us for an adjustment.
- If you experience a feeling of movement or looseness in the restoration.
- If the crown becomes sensitive to sweet foods or it develops a peculiar taste from the restoration.
- If you experience breakage of a piece of material from the restoration or sensitivity to pressure.
- If a crowned tooth develops the need for a root canal procedure after a crown restoration.
- If your temporary crown falls off purchase and use dental adhesives like Polident or Fixodent until you are scheduled to return for your permanent fitting.
- If your permanent crown falls off purchase and use dental adhesives like Polident or Fixodent and call our office immediately to schedule an appointment to reseat the permanent crown.

DENTAL BRIDGE

2 DAY PROCESS

A bridge is a fixed dental restoration used to replace one or more missing teeth by joining an artificial tooth definitively to adjacent teeth. A bridge will span the area where teeth are missing. They are attached to the natural "anchor" teeth)

Amazing Dental Care offers two options for materials used to make the units on the bridge, Zirconia or Porcelain Fused to High Noble Metal (PFM). Advantages and Disadvantages are listed in the Dental Crown section above.

How To Take Care of A Dental Bridge

- Avoid chewing hard food, ice or candy, which can damage the bridge or the anchor teeth.
- Grinding your teeth can cause damage to crowns and dental bridges. Use a prosthetic aid (night guard) to assist the reduce damage from grinding your teeth.
- Purchase a good quality dental Waterpik®. Do not floss in the bridge area. Watepik® will keep the area clean. Brush as usual.
- If you experience any pain or problems, see your dentist. After a short healing period you should not notice any pain. Pain could be an indication that the bridge has a "high spot" or gums are not healing properly, causing swelling. Please schedule a dental appointment if pain or irritation occurs after 5 days.

Amazing Dental
Calle Quinta # 486 Los Algodones Baja California 21970
USA Mailing Address: 1107 S 5th Ave. #217 Yuma AZ 85364
Andrea Chisolm– Owner Manager - 480-332-0774

BRIDGE VERSUS DENTAL IMPLANT

When considering a bridge vs. dental implants, you need to understand what their respective advantages and disadvantages.

Bridge

- Advantages
  - Preparing and installing a bridge can normally be completed in two visits.
  - A bridge is cheaper than a dental implant.
- Disadvantages
  - Bridges must be attached to two anchor teeth or implant posts for security. This may require the cutting down of healthy, adjacent teeth to support the bridge.
  - Normally bridges don't last as long as implants.
  - Debris and bacteria can become lodged under the bridge.
  - Patients can't floss between the units of a bridge. Amazing Dental Care recommends including a Waterpik® as part of one's daily dental hygiene.

Dental Implant instead of a Bridge

- Advantages
  - Dental implants do not affect your other healthy teeth; therefore, more of your own original teeth are left intact.
  - Dental implants bond to the jawbone, becoming part of it – A bond that is nearly as strong as a natural tooth root.
  - Dental implants offer more flexible dental treatment plans than bridges.
  - Individual dental implants allow easier access between teeth, enabling everyday normal dental care.
- Disadvantages
  - Dental implants are more expensive that bridges.
  - The dental implant procedure takes longer – taking up to 6 months to complete a normal installation. If additional work, such as sinus lifts or bone grafting is needed, an additional three to six months may be required.
  - Before any additional dental or medical procedure is undertaken, the patient must be pre-medicated with an antibiotic.
  - Patients with dental implants must consult with a medical doctor before an MRI can be conducted.
  - Dental implant patients must report having a dental implant to medical specialists.
  - Because they are grafted to the jaw, the patient's body may reject the dental implant.

CLEANING

Prophylaxis Ultrasonic Dental Cleaning: SAME DAY SERVICE

Dental cleaning exams may or may not include x-rays. If needed, we do not charge for x-rays. We x-ray only when necessary.

Dental plaque (a film of bacteria that forms on your teeth) is known to be the main cause of periodontal (gum) disease. When the bacteria settle on your teeth, they form a whitish film called biofilm. Established biofilm causes "pockets," areas of separation between the teeth and their surrounding gums, in which plaque hardens into deposits known as calculus or tartar.

Have your teeth cleaned regularly to remove deposits of plaque and calculus. Removal of hard deposits on your teeth is called "scaling." This can be done by using ultrasonic power scalers.

Power Scalers

Power scalers use ultrasonic vibration to crush and remove hard, calcified deposits of calculus. Also, they create vibrations that disrupt bacterial cells. Use of these tools includes washing and flushing the pockets and any exposed root surfaces with water.

Pros of Power Scalers: Power scalers are as effective as manual instruments for calculus removal in shallow gum pockets and significantly more effective in pockets greater than 4mm. They are very effective in removing calculus from root surfaces and from within periodontal pockets. Their small tips can penetrate deeper into periodontal pockets than manual instruments, are more comfortable to experience and are more effective for cleaning difficult nooks and crannies. Coolant sprays flush the area and remove bacteria and their by-products. They require less time than manual cleaning instruments.

Cons of Power Scalers: A contaminated mist may form so that the hygienist needs to wear protective equipment. The vibration of the ultrasonic instruments may make it difficult to feel if the root surface is completely smooth and free of calculus. Power scalers affect some heart pacemakers.

Deep Cleaning Periodontal Scaling and Root Planing

MAY REQUIRE MULTIPLE APPOINTMENTS

Periodontal scaling and root planing are referred to as a "deep cleaning". The price of these procedures is based on the dental quadrant that is deep cleaned.

Gum disease is an inflammation of the gum tissue that could affect the teeth and supporting bone in your mouth. Plaque bacteria, acids and certain foods all contribute to the development of gum disease. Fortunately, two common methods exist to reverse the disease — dental scaling and root planing.

Dental Scaling

Dental scaling involves manual hand instruments, ultrasonic instruments or both. The dentist will start the procedure with a thorough examination of your mouth. Next, an ultrasonic scaling device will be used to eliminate the plaque bacteria with sonic vibrations. The ultrasonic scaling device removes tartar (calculus),

plaque and biofilm from the tooth surface and underneath the gum line. Next, a manual instrument may be used to remove additional disease.

Root Planing

Root planing involves detailed scaling of the root surface to decrease inflammation of the gum tissue. The dentist scales the root surface to smooth rough target areas, eliminating plaque and biofilm development.

Surgical Periodontal

Sometimes, periodontal surgery may be needed to treat certain gum diseases and conditions, such as gingivitis or periodontitis. This type of surgery is commonly known as gum surgery.

Periodontal surgery treats gum disease and any damage it may have caused by:

- Regrowing damaged bones and tissues.
- Preventing tooth loss.
- Reducing gum gaps between teeth, known as black triangles.
- Reshaping the jaw hone to lower the risk for bacterial growth in bone crevices.
- Eliminating bacteria and infection.

Gingivitis is a mild form of gum disease that can cause gum redness, swelling, and bleeding. Most often, gingivitis occurs due to poor oral hygiene, plaque, and tartar buildup. Professional treatment can reverse the condition.

Periodontitis is a more severe form of gum disease in which gingivitis has advanced, leading to an inflammation that destroys bone and tissues. During this gum inflammation, the gums begin to separate from the teeth. This causes pockets to develop, which trap bacteria and lead to infection. As a result, tooth loss and bone damage can occur.

Before surgery, a dental surgeon might deep clean the gums. Deep scaling removes tartar and bacteria from the teeth and gums.

Another procedure known as root planing can smooth the surfaces of the roots of the teeth, meaning that there are fewer places for tartar and bacteria to build up. This procedure also removes any tartar that is on the root. Deep scaling and root planing usually occur at the same time.

Flap Surgery

Flap surgery is especially helpful for people who have tartar deposits in deep pockets. The procedure involves lifting the gums off of the teeth to remove tartar buildup

After the surgeon has cleaned the area and removed the tartar, they stitch the gums into place to fit snugly around the teeth. Sometimes, the bone may require reshaping during this procedure.

BONE GRAFTING

A person may need a bone graft when the bone that surrounds the root of the tooth is damaged or destroyed. Bone grafting involves replacing the damaged bone with new bone. This bone may be the person's bone, a manufactured bone, or donated bone. The goal of bone grafting is to hold the tooth in place and help it to regrow.

Guided Tissue Regeneration

During guided tissue regeneration a dental surgeon places a small piece of mesh-like material between a person's bone and gum tissue. The material prevents the gum from growing into space where bone should be, allowing the bone and connective tissue to regrow.

Tissue Grafting

The type of surgical tissue grafting performed is based on several factors, including the condition of the gums. A lowered gum line, known as gum line recession, is caused by the loss of gum tissue and may require soft tissue grafting to reduce the risk of further damage. During this tissue grafting, a dental surgeon removes tissue from one part of the body, typically the roof of the mouth, and re-attaches it to the area where the gum has receded. Tissue grafting not only reduces the risk for further damage but also covers any exposed roots.

Preparing for Gum Surgery

Before you have a gum surgery, a dentist performs a pre-operative exam to make sure it is safe for you to have surgery. During this exam, the dentist will likely:

- Review your medical history and assess the risk and benefit of the procedure.
- Examine your teeth, mouth, and jaw to check for stability and health.
- Check for any infections, abscesses, or other lesions that could make healing from surgery more complicated.
- Discuss the risks and benefits of the operation, and receive permission or consent to conduct gum surgery.

What Happens During Surgery?

Depending on the type of procedure, a range of things may take place.

Most gum surgery procedures take around 2 hours to complete.

In some cases, the surgery will require a person to be asleep or partially asleep during the procedure. Other times, the surgery only involves the use of a local anesthetic to numb the gums. The injection of the numbing medication can be mildly uncomfortable. During the procedure, the dental surgeon uses sterile equipment, including instruments and drapes, to lower the risk of infection. After making small incisions along the gum line, the dentist lifts the gums away from the teeth. This allows the dentist assess the roots and to remove any tartar, plaque, or infection. Following this deep cleaning, the dental surgeon may perform other procedures, such as gum reshaping, bone regeneration procedures, or other planned procedures. Once the planned dental surgery is complete, the surgeon will stitch the gums back into place, using fine thread stitches. The dentist removed the stitches 7 to 10 days later.

Recovery

Following any dental procedure, our dentist provides detailed instructions on how best to recover. Recovery times depend on the extent of the procedure completed and unique patient characteristics. Typically, people require pain relief medications in the days after gum surgery. Again, the dentist will talk to the person about any recommended medications before they leave the office or surgical center.

Dentists may also recommend:

- Using an antiseptic mouthwash to keep the area clean and to avoid infection.
- Avoiding strenuous exercise.
- Eating soft foods in the days following surgery.
- Not smoking.

The dentist will schedule an appointment to return to the office for 1–2 weeks time. During this appointment, the dental surgeon will evaluate how well the gums are healing and, if necessary, remove any stitches.

A person's gums will look and feel different after surgery. The gums and teeth will heal, tighten, and become firmer and stronger. Some people may have tooth sensitivity to hot or cold temperatures and may find relief by using desensitizing toothpaste.

The dentist will discuss a follow-up schedule to maintain good oral health in the future.

IMPLANTS

(SINGLE, BRIDGE, DENTURE)

The following narrative describes them, explains the process, and tells you how to take care of them. If you don't read this, it's on you. It should only take about 10 minutes and will be well worth the time.

What Are Dental Implants?

For many years, the only treatment options available for people with missing teeth were bridges and dentures. But, today, dental implants are available.

Dental implants are artificial tooth roots that provide a permanent base for fixed, replacement teeth. Made of titanium, implants have the unique ability to fuse to and become part of the jawbone and serve as a strong, long-lasting foundation for your new teeth. Because they fit, feel, and function like natural teeth, dental implants are quickly becoming a new standard in tooth replacement.

What Are The Parts Of A Dental Implant?

Dental implants typically have three parts:

- **The implant**: A screw that serves as a root for your new teeth. This is what permanently attaches to your jaw.
- **The abutment**: A permanent connector that supports and holds a tooth or set of teeth.
- **The crown** (or prosthetic tooth): This is the part of the tooth that you can see. It's usually made of zirconium or porcelain for durability and good looks.

What Is Involved In Getting A Dental Implant?

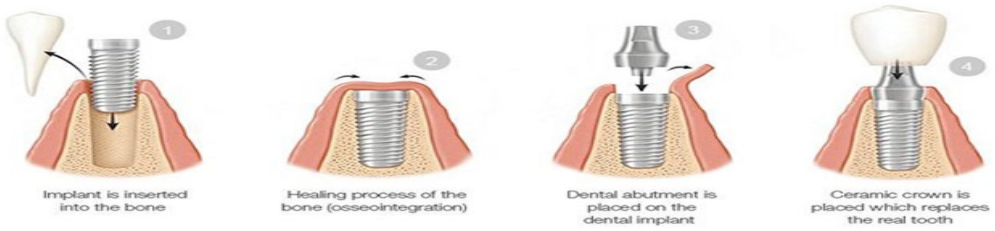
The first step is to develop an individualized treatment plan prepared by a team of professionals specially trained in oral surery and restorative dentistry. This plan is based on the health of the person receiving the treatment, drugs which affect the chances of Osseo integration, and the health of the tissues in the mouth. The amount of stress that will be put on the implant and fixture during normal function is also evaluated.

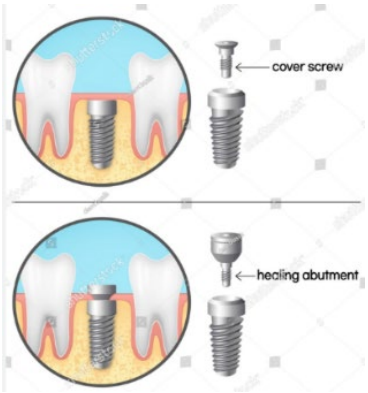
Following the evaluation, if the patient elects to proceed, the area where the implant is to be placed is prepared and the implant (the post) is installed. If an extraction is required, the implant placement can normally be accomplished on the same visit. The implant will either be placed under the gums at the time of the surgery and a cover screw placed over the implant, OR the implant will be left exposed and a healing cap placed at the time of surgery. In the latter approach, the healing cap is exposed while the gums heal. Once the post is in place, a waiting period of approximately 6 months is required for the second step. In

rare cases, some bone loss will have to be addressed before the post can be installed. If this is the case, bone grafting will be required and can add an additional 3 months to the overall process.

After the healing process, the abutment is attached to the post and a crown is fashioned and attached, providing a highly realistic-looking and functional prosthetic tooth. These steps require two appointments, as the laboratory requires time to model the crown from the impression taken where the crown is to be installed.

You can use dental implants to replace a single tooth, multiple teeth or a full upper and/or lower set of teeth. If you need to restore a full arch, you may be a perfect candidate for a full arch of teeth, referred to as implant-supported dentures.





What Are The Advantages Of Dental Implants Over Traditional Dentures?

Dental implants look and feel like your own teeth. And because they are designed to fuse with bone, they become permanent. As such, the patient can expect an improved appearance, improved speech, improved oral health, and improved self-esteem. . Implants are also exceptionally durable and with good care, many implants last a lifetime.

How Do I Care for Dental Implants?

Dental implants require the same care as real teeth, including brushing, flossing, rinsing with an antibacterial mouthwash, and regular dental check-ups.

What Can Be Done If the Dental Implant Screw Falls Out?

On rare occasions, it is possible for part of the "implant" to fail and fall out. Generally, the problem is that a healing cap or cover screw has become detached and is confused for a dental implant screw. Placing the cover screw or healing cap back onto the implant usually is a simple procedure. If, however, the dental abutment or crown has fallen off, the implant dentist will evaluate the implant part to see if there is any damage, inspect the dental implant screw that remains, evaluate why the part fell out and adjust accordingly. Once again, placing the implant abutment or implant crown back into the mouth is usually not a difficult procedure if all implant parts are intact.

The best way to help the dental office identify the implant part is to take a picture of the piece that fell out and either text or email the photo to the office.

On rare occasions, the dental implant screw itself can fall out. There are a variety of reasons as to why this happens including:

- Bacterial infection
- Trauma
- Dental implant material fatigue/fracture
- Heavy bite force putting too much stress on the dental implant.
- Loss of bone and/or gum tissue
- Dental implant that has never bound to bone properly.

Here, treatment will generally begin with recommendations to rinse with an antibiotic rinse, start a regime of antibiotics, and keep the area clean. The patient should visit the dentist as soon as possible after the dental implant screw has failed for an x-ray to help determine the underlying causes. If the implant is being replaced, the addition of bone and/or gum tissue may be needed to support a new dental implant. Other possible replacement options for a lost dental implant include a fixed tooth supported bridge or a removable denture. You should discuss with your implant dentist what the best option is for you after determining why your dental implant screw fell out.

What Is Implant-Supported Dentures

An Implant-supported denture is an oral appliance that replaces several teeth at once. It is similar to a traditional denture but instead of resting on top of your gums an implant-supported denture actually attaches directly to your jawbone using dental implants. As such, implant-supported dentures won't shift, slip or wobble when you chew, eat or speak. In fact, many traditional denture wearers eventually upgrade to implant-supported dentures because they're more comfortable and secure. When it comes to implant-supported dentures, there are fixed and removable options. The treatment that's right for you depends on several factors, including the health of your jawbone, your medical history and your personal preferences. The dentist will inform you of what to expect and the steps necessary to complete installation.

Typical Implant-Supported Denture Choices

2-in-1·Over·Denture¶

3-in-1·Over·Denture¶

4-in-1·denture¶

Before the dentist can place implants, any decayed or damaged teeth will be extracted. If the patient has lost jawbone density, bone grafting in those areas may be required. Again, bone grafting can add an additional 3 months to the overall process.

Once any required healing time has passed, a surgeon (usually a periodontist or oral surgeon) will place the dental implants. Generally, it takes about six months for the implants to integrate (fuse) with the jawbone. During the overall waiting period, the patient will be fitted with a set of temporary dentures to prevent the disruption of lifestyle.

Once your dental implants have healed, your dentist will take impressions of your upper and lower dental arches, and send the impressions to a dental lab so a technician can begin crafting your new dentures. Finally, your dentist will attach your new custom denture to your implants. They can also demonstrate proper oral hygiene practices, as well as how to clean and care for your denture.

While there are choices for the implant-supported denture, most patients select the 4-in-1 (or all-on-4) denture, as this means the palate will be free, allowing for taste. This differs from the others as they may cover the palate which can compromise the patient's sense of taste. The dentist will explain the differences during the initial consultation.

Completing The Implant Process that Began at a Different Clinic

If you had dental implants placed by another dentist and you are interested in completing the process with Amazing Dental Care, we need the following information:

- Are the implant and abutment in place? If yes, it is a 2-day process.
- If not: an abutment may need to be ordered. If the abutment is not in stock, it could take 2-3 weeks. The clinic will need the name of the implant manufacturer, and size and tooth number.

How Painful Are Dental Implants?

Most people who have received dental implants say that there is little discomfort involved in the procedure. Local anesthesia can be used during the procedure, and most patients report that implants involve less pain than a tooth extraction. After the dental implant, mild soreness can be treated with over-the-counter pain medication.

Dental Implants Aftercare

- Eating: Avoid any excessive pressure onto the teeth implants/dressing area. This is very important. You should only eat soft nutritious food for two weeks. Avoid hard sticky foods. Maintain a soft, high protein diet.
- Avoid pushing your tongue near the dental implant area.
- Medication: Take antibiotics and pain relieving pills as prescribed. Finish the course of antibiotics. If you have a reaction to the medication, please contact us. Only take pain medications when needed.
- Hygiene: Avoid brushing the area with the dressing and dental implant. Don't rinse for one week after the surgery, after one week you can start rinsing with Medicated Mouthwash twice a day. This keeps the teeth implant area clean and undisturbed.
- Exercise: Avoid physical exertion (i.e. sports, heavy lifting etc). This can cause bleeding around the dental implant.
- Alcohol: Avoid alcohol for 2 weeks as this can affect the healing of the tissues around the dental implant.
- Smoking: Avoid smoking for 3 days before treatment and 2 weeks after as this will also slow down the healing process around the teeth implant.
- Food & Drink: Avoid very hot drinks and spicy/acidic foods. Do not eat hard crusty foods as this can cause more pressure on the implant.
- Do not use a toothpick or touch the dental implant area with your tongue.
- Ice packs: A cold icepack should be applied externally over the teeth implant treated area as much as possible for the first three days. This helps reduce swelling.

NOTE: Implant Denture Wear - If you wear a denture, this will be modified so that no pressure is applied to the dental implant(s). The denture is placed with a protective dressing and should not be removed.

RECOVERY AFTER ORAL SURGERY

Recovery should be your number one concern after oral surgery. Always follow post-operative instruction provided by your surgeon or dentist, to prevent any risk of infection or trauma to the surgical site.

Bleeding After A Tooth Extraction

Bleeding after a tooth extraction is normal and slight bleeding may be noticed up to 24 hours after surgery. Use the gauze that was provided to you, and bite down with firm pressure for one hour. You should remove the gauze gently. It may be necessary to take a sip of water to moisten the gauze if it feels stuck to the tissue. Doing this well prevent /minimize bleeding. If you continue to have bleeding in the surgical area, contact us. Biting on a moist black tea bag, the tannic acid in the tea has been shown to reduce bleeding and assist with clotting.

Swelling

Swelling is a normal response after various types of surgery. Keep your head elevated with pillows as mentioned above. You may use an ice pack on the outside of your face for the first 24 hours after oral surgery. Swelling is usually completely gone within 7 to 10 days after oral surgery. Stiffness in the muscles of the face is also normal and may be noticed for up to 10 days after oral surgery. You may see slight bruising, typically if the surgery involved your lower wisdom teeth. If you have any concerns about swelling, or swelling has not reduced after 7 to 10 days, contact your doctor.

Pain After Oral Surgery And Medications

Pain after oral surgery varies depending on the extent of the procedure. Follow the instructions for your medication carefully and always consult with your dentist or surgeon before taking any over-the-counter medications with your prescriptions. Take all of the medication prescribed to you to prevent infection.

Rest And Recovery

Rest for at least two days after oral surgery. Physical activity is not recommended for 2 to 3 days after your surgery. Typically, you should be able to resume normal daily activities within 48 hours after surgery.