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EXTRACTIONS

Proper formation and protection of the blood clot is crucial for the healing process after tooth extraction. To prevent complications such as a dry socket, it's important to follow certain guidelines to ensure that the blood clot remains intact. In the unfortunate event that a dry socket occurs, where the protective blood clot becomes dislodged or fails to form, the bone and delicate nerve endings are left exposed. This exposure can lead to discomfort and delay in the healing process as it leaves them vulnerable to air, food particles, and liquids. One home remedy that has been recommended is using oil of clove. Applying this oil near the extraction site can help reduce pain and provide relief. It is highly advised to seek professional assistance by returning to your dental office if you suspect a dry socket. They will apply a medicated dressing in the socket, which can offer nearly instant pain relief. In cases of infection, antibiotics may also be prescribed. By adhering to proper post-extraction care instructions and following both the "do's" and "don'ts," you can significantly minimize your risk of developing a dry socket and promote optimal healing.

After undergoing surgery to remove wisdom teeth, it is common to experience swelling and bruising. The most intense swelling, pain, and stiffness in the jaw typically occur 2 or 3 days after the procedure. To minimize swelling on the day of surgery, apply ice packs for 15 minutes at a time, followed by 15 minutes without ice until bedtime. Keeping your head elevated also helps reduce swelling. After 36 hours, applying moist heat can provide relief for jaw soreness. It is important to gently stretch your mouth open after the removal of wisdom teeth to prevent permanent limited opening. While it may be tempting to avoid opening your mouth wide at all, actively maintaining movement will promote healing and recovery.

The Healing Process: Gum tissue typically takes approximately 3-4 weeks to fully heal, while complete bone healing can take up to 6 months. However, you should begin experiencing less pain by the second day. It is not uncommon to feel the sharp edge of the socket with your tongue or have small bits of bone surface and work their way out. This is a normal and harmless occurrence. If a bothersome piece of bone needs removal before it naturally comes out, please return to our office so we can assist you.

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 your teeth once they have been extracted. Dentures are made from an acrylic base with resin or porcelain teeth.

Dentures are our most difficult procedure. Please plan on returning to Amazing Dental Care for adjustments, in some cases we have seen patients return for multiple adjustments. To reduce the need for adjustments, please bring a package of cracker sandwiches (Keebler or Ritz filled with peanut butter or cheese). If you eat after you get your dentures, you will feel spots that rub. These spots will cause a blister. If we can adjust the apparatus while you are at the office, it may save a return trip.

Denture Base

Full (or “complete”) dentures are always made of acrylic. In a pink gum color. Sometimes, however, they may have metal palate that fits into the roof of your mouth for extra strength. This is made of a lightweight alloy called chrome cobalt. This is extremely strong and helps to prevent cracks developing the denture.

A chrome cobalt palate is normally used where a person tends to have problems with an upper denture breaking regularly. In most cases, this can happen where the person still has all their own natural lower teeth but has lost all the upper teeth. In this situation, you can still bite with quite a strong force with the lower teeth, sometimes enough to create cracks in the acrylic of the upper denture, which eventually breaks. The chrome cobalt palate is strong enough to resist this. However, the metal palate does not fit quite as snugly as a 100% acrylic dental palate. This means it does not stay in place quite as well as a full acrylic denture.

Porcelain vs. Acrylic Teeth

Porcelain is a harder substance than acrylic, making porcelain teeth more durable. Because porcelain teeth resist wear, these dentures preserve the normal jaw movements and alignment for a longer period. Acrylic teeth are susceptible to abrasion. Acrylic teeth are less likely to break or develop fractures. Acrylic dentures may be a better choice than porcelain for a lighter apparatus.

Acrylic dentures are quieter, like natural teeth, whereas porcelain teeth may cause a “clacking” sound during chewing. Acrylic and porcelain dentures require regular checkups to ensure proper fit, although acrylic dentures will wear sooner.

Tooth loss is unpleasant to face, but well fitted full dentures can be indistinguishable from our natural teeth. Dentures are available in several types of materials, including porcelain, acrylic resin, and composite resins with porcelain an acrylic resin being the most common. Selection of the most appropriate material for your needs involved careful consideration of wear, durability, and maintenance.

Adapting to Your Removable Denture

Getting used to a new denture may require some adjustment, especially if it's your first one. With time, though, it should become more comfortable and functional. If you experience any sores, changes in fit, or any other issues, please contact us to schedule an appointment for assistance.

- **Speaking:** Initially, you may face difficulties while speaking with your dentures. It can feel like having marbles in your mouth. However, with practice and patience, you will quickly adapt to speaking with your denture. Eventually, you'll find it hard to speak properly without your denture. The time it takes for adaptation varies from person to person.
- **Eating:** Eating with dentures also requires practice. It's important to remember that chewing with dentures is different from chewing with natural teeth. Natural teeth chew in an up and down motion, whereas dentures require a side-to-side motion to mash down the food. Cutting your food into smaller pieces can help improve the effectiveness of denture chewing. The level of adaptation to eating varies for each individual. Some patients can chew almost anything, while others may have limitations in their chewing abilities. With practice, time, and patience, improvement is possible.
- While it is possible to wear dentures during the night, it is recommended to remove them. Opting to take out your dentures at night allows your gums and bones a well-deserved break from the continual pressure they endure throughout the day.

Denture Fit:

- Each denture is unique, even if made for the same individual, as they are crafted using custom molds that must be broken to extract the denture. The final touches of the denture are meticulously added by hand to guarantee a natural look and proper fit.
- There are two methods of controlling the fit of the denture. Relining involves resurfacing the sides of the denture that come into contact with the gums. This adjustment is necessary because dental impressions used to create dentures can cause gum movements, resulting in an ill-fitting denture. Additionally, bone and gum tissues may shift over time, altering the fit of the denture. Most patients typically require relining approximately five to eight years after their initial placement of dentures.
- Adjustments to your denture are common as it settles in and fits well over time. While upper dentures usually stay in place with suction, the lower denture may not develop this suction due to the shape of the lower jaw, causing it to "float." It will take some time for you to learn how to hold the lower denture stable while eating, speaking, and resting. Every patient's adaptation process is unique and cannot be predicted. Although denture adhesives can provide assistance, we recommend refraining from using them in the initial weeks of wearing your 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

If you're one of the many with a missing tooth or teeth, then you are well aware of the obvious effects of missing teeth.

Though tooth extraction was a very common resolution in dentistry in the not-so-distant past (especially for hidden-away back teeth) we now have a greater understanding of the cascading negative side effects this causes.

Teeth Move

For instance, the void left where a bottom tooth was extracted, the adjacent top tooth that relies on support from underneath will slide or drop down – exposing the roots, which not only causes sensitivity and increases chances of gum infection, but also causes that tooth to become loose, and possibly need removing also.

Similarly, the back molar behind the missing tooth will start to tilt forward due to the lack of support from the side. This affects the bite, as the top molar is now biting down on the side of that tooth, which will cause more misalignment over time, and could ultimately lead to more tooth loss!

The more teeth you lose, the more structure of the mouth is lost, and your face starts to sink in shape as your lips lose support of the tooth and gums.

Less-Obvious Effects of Missing Teeth

Bone Loss

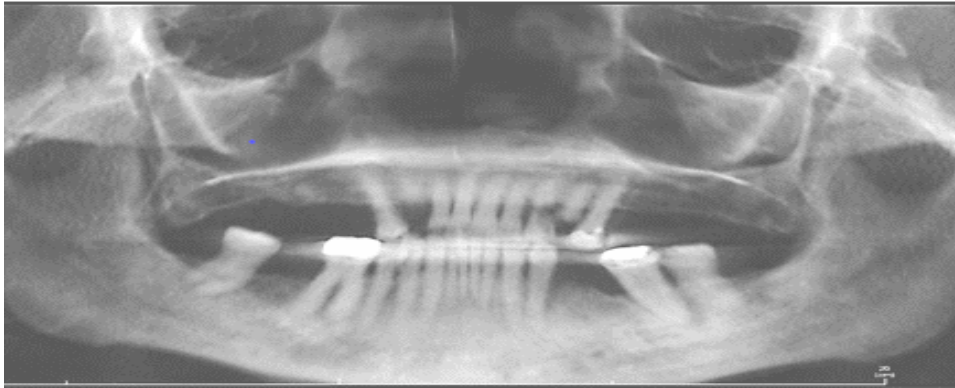
The jawbone beneath our gums which support the roots of our teeth rely heavily on stimulation from the tooth itself to maintain their structure. When a tooth is removed, the bone that was surrounding that tooth quite quickly begins to degenerate – up to 25% decrease in width first year after tooth loss – and up to 4mm decrease in height over the next few years. Loss of the bone in both height and width presents two major issues:

Facial Support

The structure of your face is greatly dependent on the support of the mouth, and as lost teeth lead to loss of gum and bone... your face starts to show the lack of support. Your lips can begin to droop, and cheeks hollow as they lose the support of the degenerating jawbone underneath.

Irreplaceable

As the bone surrounding a missing tooth diminishes, and the teeth around that point begin to crowd the void – replacing that tooth becomes more difficult, and eventually impossible. Whilst dental implants are an excellent solution for missing teeth, the procedure relies on adequate bone structure underneath, in order for the implant to fuse to the bone in a process called ‘Osseo integration.’



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 on the inside of the tooth, which is then carefully cleaned and disinfected, then filled and sealed. Root canal treatment is designed to eliminate bacteria from the infected root canal, prevent reinfection of the tooth and save the natural tooth.

There's no need to be worried if your dentist or endodontist prescribes a root canal procedure to treat a damaged or diseased tooth. Millions of teeth are treated and saved this way each year, relieving pain and making teeth healthy again.

Inside your tooth, beneath the white enamel and a hard layer called dentin, is a soft tissue called pulp. This tissue contains blood vessels, nerves and connective tissue, which help grow the root of your tooth during its development. A fully developed tooth can survive without the pulp because the tooth continues to be nourished by the tissues surrounding it.

A modern root canal treatment is nothing like those old sayings! It's very similar to a routine filling and can usually be completed in one or two appointments, depending on the condition of your tooth and your personal circumstances. Getting a root canal is relatively painless and extremely effective. You'll be back to smiling, biting and chewing with ease in no time.

How do you know if you need a root canal?

Root canals are needed for a cracked tooth from injury or genetics, a deep cavity, or issues from a previous filling. Patients generally need a root canal when they notice their teeth are sensitive, particularly to hot and cold sensations.

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?

Although you will most likely be numb for 2-4 hours following the procedure, most patients are able to return to school or work directly following a root canal. However, it is advised against eating until the numbness is completely gone.

. 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 referred to as “dental caps,” “tooth crowns,” or “tooth caps,” are fixed prosthetic devices that are cemented onto existing teeth or implants by a dentist or prosthodontist. In addition to strengthening a damaged tooth, crowns can be used to improve a tooth’s appearance, shape, alignment and dental occlusion (bite). Gaps left by missing teeth can cause the remaining teeth to shift, which can result in a pathological bite. Crowns help prevent this from happening. Crowns cover most of the exposed portion of your tooth and decay does not affect a crown since it is made of metal and /or porcelain. However, where the natural tooth meets the crown can become decayed.

Dental Crown Process

At your first appointment, our dentist will examine the tooth to make sure that it can support a crown. If the existing tooth is healthy enough to support a crown the dentist will file the tooth down to prepare for the crown. However, if the tooth is [severely damaged or broken](#), our dentist may need to restore the tooth base to make it large enough to properly receive the crown.

- After the tooth is filed or filled to the proper shape, our dentist will take an impression of the tooth, as well as those surrounding it, and send it away to our dental lab, where a permanent crown is made. After the impression is made and sent to the lab, our dentist will create and seat a temporary crown that protects the otherwise exposed post until the final crown is ready to be permanently placed.
- When the permanent crown is ready and returned from our lab, you will return for your second visit. At this appointment, the temporary crown is removed, after which our dentist will position and fasten the new crown to the tooth with a special adhesive.
- At Amazing Dental Care, we schedule next day appointments for patients who provide their own transportation and remain in the Yuma area overnight. For those patients who rely on Amazing Dental Care transportation from the valley, we normally schedule **non-consecutive** days of travel. This significantly reduces the length of day for our drivers, making our operation much safer 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 crowns 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

- 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 may 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.

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

- 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 than 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: 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: 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 bone 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:

- 1) **The implant:** A screw that serves as a root for your new teeth. This is what permanently attaches to your jaw.
- 2) **The abutment:** A permanent connector that supports and holds a tooth or set of teeth.
- 3) **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.



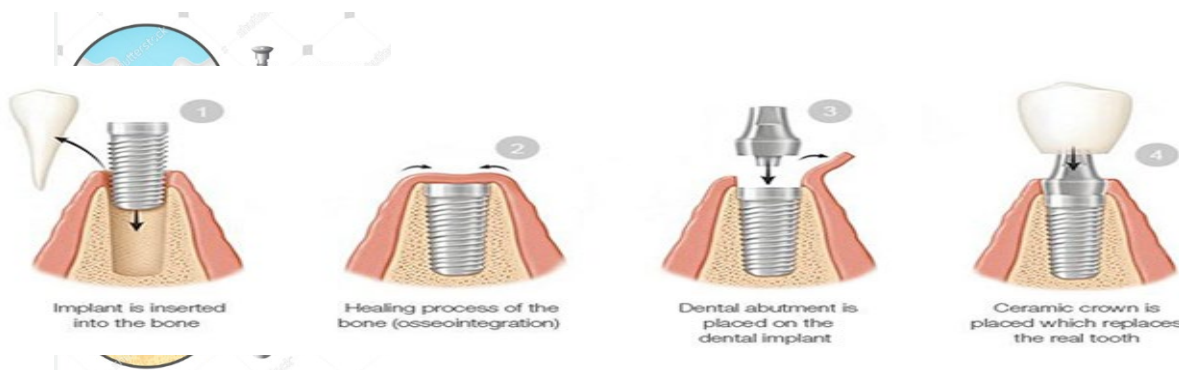
What Is Involved In Getting A Dental Implant?

The first step is to develop an individualized treatment plan prepared by a team of professionals specially trained in oral surgery 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 Are 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 Begun 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.