

Hawkeye Family Dental

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Filled In

Are you tired of hiding that embarrassing space between your front teeth? Luckily, we offer a few choices for space closure that may enhance your natural smile. One option is veneers. A veneer is a thin piece of porcelain bonded to a tooth to improve esthetics. A veneer allows you to change the shape, color, size or length of a tooth. When veneers are completed on multiple teeth, they can be used to visually improve the alignment of the teeth. Veneers are highly esthetic and allow for the most change with predictable long-term results. Another option for closing the space is to do in-office composite bonding. Composite is a tooth colored filling material that is bonded to your tooth to change the contours and esthetics of the tooth. Composite is plastic based and is not as durable as porcelain, however it can provide for great shade matching and improved contours and esthetics. Every smile is different, so let us know at your next visit if you would like improve your smile and we can find the best option for you.



Before and after pictures of a space closure with composite bonding.



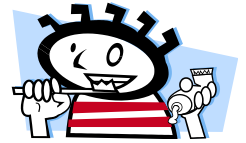
As Seen on TV

“4 out of 5 dentists recommend Sonicare toothbrushes,” and so do we! Brushing with a powered toothbrush like Sonicare has several advantages over brushing with a manual toothbrush. Brushing with a Sonicare provides more cleaning power through the increased vibrations and cleaning strokes. There are over 130 times more vibrations with a powered toothbrush as compared to a manual brush. These high amplitude and high frequency motions drive fluids into tight spaces and along the gumline, helping to remove plaque in commonly missed areas. In addition to its great cleaning power, the Sonicare has a built in timer which encourages you to use your toothbrush for the full two minutes as recommended. We highly recommend using a Sonicare to help keep your mouth as clean and healthy as possible. Try a Sonicare, and if you don't love it, they will refund your money.



Ask Kari

Should I brush or floss first?



The sequence that you should brush, floss, and use a mouthwash depends entirely on the person. Each person is different and has different needs.

If you are a person that gets cavities or has sensitive teeth, the best sequence for you is:

1. Floss- flossing removes the debris between the teeth.
2. Rinse (optional)- mouthwash flushes out the gum tissue.
3. Brush- Brush for 2 minutes to remove the debris from the sides and chewing surfaces of the teeth. Spit the excess toothpaste, and don't eat, drink or rinse for 30 minutes.

We suggest this routine for people that are more prone to cavities, because when you brush last, the active ingredient of fluoride is allowed to sit on the teeth longer, and therefore allows more time for the tooth to incorporate the fluoride into the tooth surface. This allows a rehardening effect on the enamel, helping to prevent cavities. This routine is also affective for people with sensitivity, because the active ingredient in sensitivity toothpaste, potassium nitrate, can be incorporated into the tooth and help limit sensitivity.

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\$ \$ Money Matters \$ \$

Is it worth it to pay the premiums for individual insurance coverage?

When considering whether or not to purchase individual dental insurance coverage patients often ask us if it is “worth it” to pay the premiums for an individual plan. The answer to that depends on the cost of the individual plans available, as well as each patient's unique treatment history and expected dental needs. We recommend that each patient consider the approximate amount that they would be paying out-of-pocket, without insurance, for their expected treatment in a given year (based on their dental history and any expected treatment needs). Patients should then figure out how much they would be paying each year in insurance premiums for the individual coverage plans that they are considering.

There are two generalized scenarios that we use to help our patients weigh their options:

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Ask Kari continued.....

If we have told you that you have periodontal disease (gum disease) the best sequence for you is:

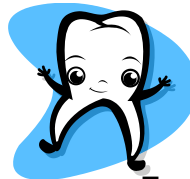
1. Floss- flossing removes the debris between the teeth.
2. Brush- brush for 2 minutes and spit out the excess toothpaste
3. Rinse- Rinse with the mouthwash that was prescribed to you for 30 seconds. Spit out the excess, and don't eat, drink, or rinse for 30 minutes. Using a prescription strength anti bacterial/gingivitis mouthwash last allows the active ingredient to linger in the gum tissue, killing bacteria, fighting plaque, and preventing bad breath.

Are you unsure as to which routine is right for you? Ask us at your next cleaning appointment and we can help you.

Money Matters continued.....

Scenario 1: You are a patient who is generally in good oral health; usually only needs to come in twice a year for your regular check-ups and cleanings; does not need fillings or other restorative work done very often, and does not have any high-cost treatment planned for the near future.

Scenario 2: You are a patient who currently has oral health problems or has in the past; needs to come in for check-ups and cleanings more often than every 6 months; usually needs a couple fillings or some other restorative work to be done throughout the year, and may have high-cost treatment needs in the near future. Generally, for patients fitting "Scenario 1" paying out-of-pocket for dental services may end up being almost equivalent or maybe even slightly less expensive than paying for the insurance premiums. For patients fitting "Scenario 2", it might be worth it to pay the premiums so insurance shares in the expense of higher-cost treatment plans and/or more frequent trips to the dental office. If you are considering purchasing individual dental insurance coverage and have questions about this, feel free to ask us at your next visit. We can go over your situation, including your history and possible future needs, in order to help you make the best choice.



Kids Corner



Expose your plaque by disclosing

Getting your child to brush and floss can be a struggle. It can also be difficult to be certain whether their teeth are clean or if they are missing areas. One method to help you evaluate their technique is to utilize a disclosing solution. Disclosing solutions are available as a mouthwash or chewable tablets. The dyes in these products stain any plaque the color of the dye. The stained plaque will help parents and children pinpoint the areas that are not being thoroughly cleaned. When using a disclosing solution, use the following routine to get the most benefit: 1) thoroughly brush and floss, 2) chew or swish the disclosing solution, 3) rinse with water, 4) evaluate brushing by looking for colored/missed areas (commonly missed areas are at the gumline), 5) brush and floss again to make sure all of the coloring is removed from the tooth surfaces. Disclosing solutions are a great tool to help improve your child's brushing and flossing technique, and focus in on the commonly missed area. Try incorporating a disclosing solution into your child's routine and make brushing and flossing fun.