

DENTISTRY TODAY

1947 Citrona Dr. • Fernandina Beach, FL 32034 • (904) 261-7181 • www.ameliadental.com



COMPREHENSIVE
DENTISTRY

Office Hours: Monday - Thursday 8:30 - 5:00, Friday 8:30 - 1:00

Ultrasonic Cleaning

No, ultrasonic cleaning equipment doesn't break the sound barrier while you're sitting in the dentist's chair.

An ultrasonic cleaner is a special dental instrument that we use to scale and clean the surfaces of your teeth thoroughly. Here's how it works. We place the instrument, which vibrates thousands of times per second, on surfaces of your teeth where plaque and tartar usually build up. As its tip vibrates it efficiently and thoroughly removes calculus. The instrument also sprays water to keep the tip cool and wash microscopic debris away.

How does it benefit our patients? Quite simply, ultrasonic cleaning is fast and reduces wear on the enamel of your teeth. Research has shown that for certain patients, a combination of hand scaling and ultrasonic cleaning is more effective than hand scaling alone.

Ultrasonic cleaning is available at our practice. If you have any questions we'd be happy to explain the procedure before we clean your teeth.

The Bedtime Bottle Blues



The bedtime bottle may seem to be a great way to get your baby to sleep. But it's also the main source of tooth decay for children under three years of age. Milk, infant formulas, and fruit juices contain high levels of the various natural

sugars. And when your baby falls asleep while nursing, these sugars feed the bacteria that are always present in the mouth...producing an acid that attacks the tooth enamel and causes decay. The result is what dentists call "Nursing Bottle Mouth Syndrome"—serious decay, especially in the upper front teeth that are closest to the nipple.

How can you deal with the problem?

1. Finish your child's feeding before putting him to bed.
2. Clean your baby's mouth after every feeding with moist cotton gauze or a wet washcloth.
3. Brush your toddler's teeth with a soft, child-size toothbrush to develop good dental hygiene habits from the very beginning.

Service While You Sleep

"Sleep dentistry" is the name given to this new form of sedation that allows you to sleep through complex dental procedures. The benefits of this type of anesthesia are many:

- treatment with no discomfort
- reduction of fear concerning dental procedures
- no memory of the experience
- several procedures can be performed in one long appointment so that return visits are unnecessary

Sleep dentistry involves medication that you will need to take an hour before your appointment. You will also need to bring a friend along to drive you home afterward, since you may still be very drowsy. The amount of time that you sleep will depend upon your dental needs. We will make you comfortable when you arrive at our office, and you will be monitored at all times.

This type of sedation is especially recommended for certain patients. Those who have an enhanced gag reflex or have not been able to use local anesthetics effectively in the past may want to consider this option. Patients who are very frightened of dental experiences and injections, or who have adverse reactions to the tastes and smells associated with dental procedures, may also be candidates.

Please ask us if sleep dentistry sounds like a good match for you. We'll be happy to discuss this type of sedation in more detail with you.



Dr. Ken Owens, Dr. Rob Van Etta,
Dr. Josh Bietenholz, Dr. Laurie Kitson

The Dental Numbers Game

Can you choose the correct answers for these dental number questions?

1. How many baby teeth does the average child have?
A. 10 B. 14 C. 18 D. 20
2. How many permanent teeth does the average adult have?
A. 32 B. 38 C. 42 D. 50
3. How long should you brush your teeth, to make sure you've done a thorough job?
A. 30 seconds C. 5 minutes
B. 2 minutes D. 15 minutes
4. How long can your permanent teeth last?
A. under 25 years C. 50 years
B. 35 years D. a lifetime
5. How much sugar does an average child consume in a year?
A. 96 pounds C. 40 pounds
B. 75 pounds D. under 10 pounds



Answers: 1. D, 2. A, 3. B, 4. D, 5. A

Holiday Greetings

Greetings at this special time of year! We would like to express to you our sincere appreciation for your confidence and loyalty. It is our pleasure to serve you, and to care for your dental needs. Our entire team joins in wishing you a happy holiday season and best wishes for a peaceful New Year.

Dr. Owens, Dr. Van Etta, Dr. Kitson, and Dr. Bietenholz

Front Office Team: Teresa, Kathy, JoAnn, Sue, Kellyn, Tina, Beth, and Kim

Dental Hygiene Team: Cheryl, Kathy D., Teresa, Cathy, Jennifer S., Amanda, Angie, Donna-Lee, and Jennifer T.

Dental Assistant Team: Carrie, Amy, Heather, Melissa, Mistye, Erica, Leslie, and Ashley

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