

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

Children + Sealants = Less Decay



A sealant is a very thin, hard coating painted on the chewing surfaces of back teeth. Studies show that sealants can protect the biting surfaces of molars and premolars from decay for a long, long time.

The topical sealant fills in the microscopic grooves and irregularities on the biting surfaces of back teeth that are always hard to keep clean. It forms a defensive barricade that protects the tooth's enamel against a buildup of tiny food particles and plaque. Plaque, bacteria and mouth acids can lead to decay and cavity formation.

The procedure to place the sealants involves no discomfort and requires no anesthetic. After the sealant is placed, your job is to make sure your child continues taking good care of his or her teeth. That means brushing and flossing daily and maintaining a healthy diet to avoid sugary, sticky foods. Our job will be to do regular dental checkups, which include routinely applying fluoride and monitoring the sealants effectiveness.

Many dental insurance companies cover sealants for children. We would be happy to check your insurance plan to see if sealants are a covered benefit.

How to Prevent Cavities by Eating!

Sounds too good to be true? Eating certain foods after a meal may help protect your teeth against decay. What are these magical delectables? Cheese, nuts and xylitol sugar.

After a meal, the bacteria in your mouth combines with sugars and carbohydrates, producing acids which eat away tooth enamel. Since you can't keep food away from the bacteria in your mouth, when possible brush after a meal or snack. But when you can't brush, cheese, nuts, or xylitol can help.

Eating cheese increases saliva flow. Saliva mixes with calcium and phosphates in cheese, and neutralizes the acids in your mouth for several hours. Chewing nuts will also stimulate saliva flow and neutralize acids.

Xylitol is a natural sugar that bacteria in your mouth can't use to make cavity forming acid. It is sold in raw sugar form and is found also in candy, gum and mints. Check out local health food stores for Xylitol products or purchase Xylitol mints and gum online at www.zellies.com. The Xylitol gum or mints can be used after a meal to prevent cavities. The raw sugar can be mixed with water to drink or used in beverages as a sweetener. Daily use of Xylitol can decrease the risk of cavities at all stages of life, and is safe for infants and the elderly.



Use It Before You Lose It

This might be called a "Dental Insurance Alert." About 90 percent of all dental insurance is based on a calendar year (January to December). If you do not utilize your dental benefits within the calendar year, those benefits are gone forever as of December 31.

The potential loss of benefits can be anywhere from \$750 to \$1500, or more, depending on your type of insurance. And these benefits were paid for by you either directly or through salary deductions.

If you are in need of dental care, be aware that 2012 is rapidly coming to an end. You should utilize your 2012 benefits before you lose them. Should you need extensive treatment, we can schedule your treatment over a few months and use benefits from 2012 as well as 2013, to maximize your total return.

Dental insurance is your benefit. You earned it, or paid for it, so why lose it? Please feel free to call our office so we can assist with your dental treatment and insurance questions.

Perfume & Dental Visits

Due to the close proximity of patients and clinicians during dental visits, we ask that you refrain from wearing perfume or cologne on days when you have a dental visit. This is to prevent allergic and sensitivity reaction which can arise in some individuals exposed to perfume or cologne.

Appointment Confirmation

As of January 1, 2012 we have a new dental software system than has several updated features. One feature is automatic confirmation of your dental appointments by phone, e-mail or text messaging. We would like to use the form of confirmation that you like best. Please feel free to let us know by phone (Kellyn at 261-7181) or by e-mail which method you prefer. Our e-mail address is office@ameliadental.com.



Update on Dental X-Rays

In our office we use digital computer x-rays, which are the latest advancement in dental imaging technology. Digital x-rays generate immediate, very clear, images of your teeth and bone structures on a computer monitor. Digital x-rays are necessary to diagnose dental diseases such as decay, gum disease, and root canal infections.

The best thing about digital x-rays is that the radiation exposure levels are lower than those of traditional film x-rays. The digital check-up x-rays we take at your cleaning visits expose you to less radiation than what you receive in background radiation in one day living in our environment.

Good dental treatment has always depended on x-ray diagnostics. We of course will only take dental radiographs when necessary. Many patients try to decline x-rays because they aren't having pain. Pain is an indication of an advanced dental problem. Digital x-rays allow for the early diagnosis of dental diseases, which are easier to fix and less costly.

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