

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

Improving Your Smile



Dentistry by Dr. Bietenholz

When you look and feel your best, people notice the difference. Modern cosmetic dentistry can transform your smile. The smile makeover process can change the length, width, color, and shape of your teeth. Discolored fillings can be replaced, chipped teeth can be repaired, and teeth out of alignment can be straightened. Uneven gum tissue can also be altered to make your teeth look more natural and symmetric.

Bleaching

Cosmetic whitening is a safe and easy process to lighten enamel stained from tea, coffee, red wine and cigarettes. We recommend at home bleaching with custom made whitening trays. Typically whitening at

home takes two to three weeks, depending on the shade change desired. It is a safe and cost effective way to brighten your smile.

Bonding

Bonding is tooth colored material used to repair chipped teeth, fill in gaps, or change the color of teeth. Bonding can be done in a single office visit. Bonding is a conservative way to improve your smile. The life expectancy of bonding is less than sophisticated procedures like porcelain crowns or veneers.

Contouring and Reshaping

Tooth reshaping and contouring is a conservative procedure to correct crooked teeth, chipped teeth, or uneven teeth. Small corrections in enamel can be made with reshaping and contouring. This procedure is ideal for people with healthy teeth, but who want subtle changes. Reshaping in combination with cosmetic whitening can produce great results in certain situations.

Porcelain Veneers

Veneers are thin porcelain facings used to change the color or shape of front teeth. Veneers are used on teeth that are uneven, worn, chipped, or discolored. They can also be used to close spaces or align crooked teeth. Veneers require more than one visit, since the veneers are fabricated in a laboratory after an initial appointment with your dentist. Veneers have a longer life expectancy and better color stability than bonding.

Porcelain Crowns

Porcelain or ceramic crowns are also used to repair worn, chipped, and discolored teeth. They are needed when more extensive damage has occurred to the teeth from large fillings, old crowns, or wear. Porcelain crowns are more esthetic in comparison to older crowns. Porcelain crowns eliminate the dark line seen at the gum in old crowns that have metal margins. Porcelain crowns are made to be translucent and look like enamel, so they are very natural in appearance.

Dr. Van Etta, Dr. Kitson, Dr. Bietenholz, and Dr. Garrett are available for a free cosmetic evaluation of your smile. Your dental hygienist would also be happy to discuss smile makeover options with you at your next cleaning visit.



Medical History Updates

It is important for you to keep us updated of any changes in your general health, or medications. You will be asked to fill out a medical history update at your dental visits. Recent surgeries or illnesses, joint replacements, medications, and allergies are all items that may influence your dental health and dental care. Please carry a list of your medications with you at all times. Many health conditions have oral signs and symptoms, so we ask general health information for your benefit and safety. Our goal is to provide you with dental care that is both safe and effective.

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Dental Anxiety

If you are one that avoids dental visits due to anxiety, you are not alone. Fear of having dental procedures is very, very common. We have several ways to improve your dental experiences and reduce the anxiety associated with your dental visits.

Nitrous oxide, better known as laughing gas, can be used to help you relax during dental cleanings and restorative procedures. Nitrous oxide has no lingering effects, so you can drive and return to work immediately after your dental appointment.

Oral conscious sedation can be used for anxious patients as well. A sedative pill is prescribed to take one hour before your dental appointment. Excellent results are obtained with this method of sedation. Patients taking an oral sedative must have a driver to and from the appointment.

Most important is to adhere to regularly scheduled preventive visits with your dentist and dental hygienist. Keeping your teeth and gums healthy is the best way to reduce the need for more extensive dental care. Also, finding dental problems in early stages will make them easier to treat.