

Center For Dental Implants Of South Florida

# Dr. Garg's SMILE REPORT



Produced to improve your dental health and awareness

Spring 2008

## fromthedentist

### Keeping You Informed

If you ask a dentist, they'll always say it's an exciting time to be part of the dental profession. Every day new advancements are announced, and I truly believe that it is vital that we share this news with you. That's why we send you our newsletter, and publish it regularly.

We have formulated a guideline for the creation of each newsletter:

(1) It must inform you about oral health to help you make educated decisions.

(2) It must teach you about our dynamic team of professionals, their special qualities, qualifications, and talents, and inform you about our practice events and updates.

(3) It must inform you about the cosmetic and restorative procedures we offer, and help you understand which options may be right for you.

If you have suggestions for our newsletter, please let us know!

*Yours in good dental health,*

*Dr. Arun K. Garg*

## turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!

## Be Anxiety Free

### Oral conscious sedation brings relief

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozey, as if you'd had a few



glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.

Please contact us if you feel that oral conscious sedation might be right for you.



**Q** Does it really matter if I lose a tooth?

**A** Every tooth in your mouth plays an important role in speaking, chewing, and in maintaining proper alignment of your other teeth. If you lose a tooth, the gap must be filled by a dental implant, bridge, or removable denture for your mouth to function properly.

Dental **Q&A**

*Creating a lifetime of beautiful healthy smiles...*

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

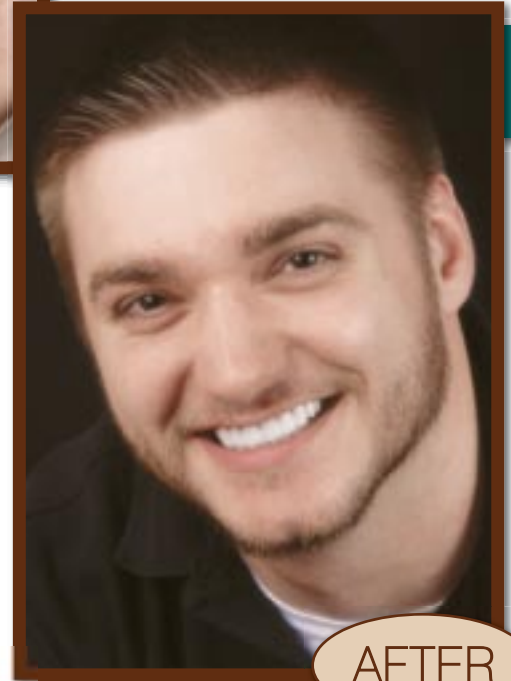
Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

- look younger
- close gaps
- repair
- straighten
- brighten
- camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



### COMPOSITE FILLINGS



# Leading Edge Technologies

## CT Scanner

With any surgery, you need to feel confident in the surgeon, as well as the technology and tools he employs. Our office uses a CT (computed tomography) scanner to take a facial image scan. With this detailed information, Dr. Garg can diagnose problems and recommend treatment the same day. By studying the image, Dr. Garg can also place implants with precision, minimal discomfort, and reduced treatment time. The Center for Dental Implants of South Florida is one of the few offices in the country to have a Cone Beam Scanner in the office.

## CO2 Laser

The laser offers the ultimate in soft tissue therapies and treatments in all areas of General Dentistry, Oral/Maxillofacial Surgery, Periodontics, Endodontics, and Implantology. The benefits and safety of the CO2 10,600 nm wavelength have been well documented in research over many years. Due to its minimal absorption depth of 1/10 mm, underlying or surrounding tissue structures cannot be damaged or compromised. Most surgical procedures can be performed with less anesthetics and perfect coagulation, resulting in minimal post-operative pain and swelling.



These leading-edge technologies are just one more way that we're making your visits more comfortable while increasing the level of care we provide.

## office information

### Center For Dental Implants Of South Florida

Arun K. Garg, DMD

### Aventura Office

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Aventura, FL 33180-3115

Primary phone (305) 935-4991

Other phone (305) 733-7436

### Office hours

Monday 2:30 pm – 5:00 pm  
Tue-Fri 9:00 am – 4:30 pm

Languages Spoken Fluently:

English, Spanish & Russian

[www.GargDMD.com](http://www.GargDMD.com)

[www.CenterForDentalImplantsOfSouthFlorida.com](http://www.CenterForDentalImplantsOfSouthFlorida.com)

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VISA



## Dentistry's New Wave

Many adults will suffer tooth loss in their lifetime. When teeth are lost, bone loss can occur. With the combination of tooth loss and bone loss, the proportions of the face can alter, bringing the nose and chin closer together, creating an appearance of sadness, and limiting the ability to chew properly and speak clearly.

Restorative procedures like implants or even dentures can require *bone grafting* or guided bone regeneration first, to create a more stable supporting structure. Scientists

are working to inhibit bone loss, but the puzzle remains unsolved.

If an implant cannot be placed due to a loss of gingiva (gum tissue), or if you wish to improve the shape of your gums, we offer soft tissue grafting. Similar to bone grafting, we can take tissue from your mouth or a tissue bank to rebuild healthy and beautiful gums

Still, the future looks bright as a number of exciting advances are being made in bone regeneration. It's just a matter of time before an exciting new wave of treatments arrive, because along with science, we're on your side!



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.