

**CAESY QUESTIONS**

**AND**

**ANSWERS**

## CAESY QUESTIONS and ANSWERS

Clinically Advanced Education System (CAESY), has traditionally been seen as solely a patient education system. However, over the past 3 years, we've had several clients tell us that CAESY really did a great job at teaching staff members about general dentistry. CAESY's scripts bring staff members to a new level of awareness about areas of dentistry which were never adequately explained prior to having the CAESY System. Also, it has been our experience that when the staff all know the presentations in CAESY, they have a like message for the patients which diffuses confusion. The importance of all the staff being on the same page relating to diagnoses, procedures and alternatives means the practice has a excellent chance to have greater case acceptance, happier and more appropriately informed patients.

Because knowledge of CAESY makes a big difference to the staff, practice and patients, we have developed a comprehensive testing system to help you advance through the learning of CAESY. On the subsequent pages, are questions followed by answers taken from the CAESY scripts which will help elevate your dental knowledge quickly and easily. It is advised that each staff member do a portion of the tests on a daily basis until all are completed. After tackling a section of tests, go to the corresponding CAESY presentation and see how it relates to the questions. Before you know it, you'll be presenting the CAESY system sensationally to your patients. You'll be able to add value to the CAESY script by pausing the presentation and talking to the patient at a higher level than before. When you restart the presentation, CAESY will be your second opinion. What's even greater, is that you will become an authority to your patients and will be raised to a new level than you've ever experienced in your dental career.

We hope you enjoy the following sections.

## **COSMETIC DENTISTRY**

From the Main CAESY Menu, bring the arrow to the upper left corner ICON. It will display “Cosmetic Dentistry”. By pressing any outside button on the remote control, the “Cosmetic Dentistry” section will be displayed.

The following questions and answers come from the Cosmetic Dentistry Section of CAESY.

### **THE GOAL**

#### **What is the goal of cosmetic dentistry?**

- The goal of cosmetic dentistry is to turn an average smile....into a terrific smile!

#### **Explain how this is accomplished.**

- It's done by analyzing every aspect of a smile, and then correcting the problems, one by one.

#### **What things do terrific smiles have in common?**

- Terrific smiles have several things in common: the teeth are straight, not crooked.
- They're evenly spaced, with no gaps.
- They're white, not stained.
- The top teeth show when you smile, but not the gums.
- The gumline is smooth, not uneven.
- The edges of the top teeth smoothly follow the curve of the lower lip.

### **BONDING**

#### **How does bonding correct a poor smile?**

- closes spaces between teeth
- lengthens small or misshapen teeth
- whitens stained or dark teeth

**True or False, When teeth are chipped or beginning to wear, bonding can protect them from damage, and restore their original looks. TRUE**

**How many appointments are required to bond a patient's teeth?**

- Bonding your teeth with resin is a one appointment procedure.

**Out of what material is bonding made?**

- The material is called resin

**Briefly explain the procedure for bonding teeth.**

- First the teeth are cleaned and a conditioning gel is applied is placed, sculpted to the desired shape.
- it is then hardened with a harmless high intensity light.
- Once in place, bonded restorations are very strong.

## **ALL PORCELAIN BRIDGES**

**Explain the benefits of an All Porcelain Bridge.**

- All porcelain bridges maintain a translucency that makes them hard to tell from natural teeth. Without metal, the problem of a dark line at the edge of the gums is eliminated. This allows us to place the edge of the bridge above the gumline ... and that's healthier for your teeth and gums.

**What happened in the industry which allowed tooth colored bridges to be made of all porcelain?**

- New breakthroughs in adhesives and stronger porcelain materials now make it possible to make bridges entirely out of porcelain

## **ALL PORCELAIN CROWNS**

**What causes the unsightly dark blue line to show at the edge of some crowns?**

- After a period of time, the metal core of which porcelain crowns used to be made sometimes caused a dark blue line to show at the gumline.

## **What is significant about having an all porcelain crown versus a porcelain to metal crown?**

- Without metal, the problem of a dark line at the edge of the gums is eliminated. This allows the doctor to place the edge of the crown above the gumline ...and that's healthier for your tooth and gums.

## **HOME BLEACHING**

### **Explain the process by which home bleaching is accomplished?**

- To bleach your teeth at home we take an impression of your mouth so we can make a custom-made bleaching tray that fits over your teeth.
- At home the patient pours a small amount of solution into the tray and wears it for several hours each day.

### **How long can the patient expect to wear the bleaching tray before the teeth are sufficiently whitened?**

- The patient will need to wear it daily for two to six weeks. The longer it is worn, the lighter the teeth will become.

### **Approximately how long will the teeth keep their new color?**

- Teeth generally keep their new color for several years...then it's easy to touch them up with some more bleaching solution and keep them looking great.

## **OFFICE BLEACHING**

### **How many appointments does it take to do an in office bleaching?**

- We can bleach your teeth in one appointment.

### **Explain the process for in office bleaching.**

- We apply a lubricant to your gums and place a rubber dam. This isolates your teeth.
- We thoroughly clean and polish your teeth.
- We apply the bleaching solution for ten minutes or so.
- Then we check the results.
- We may apply the bleach several times.
- When we're satisfied, we remove the rubber dam.

### **TOOTH COLORED RESTORATIONS**

#### **What is the benefit of Tooth Colored Restorations?**

- To create a much more natural look to your teeth than is seen with silver and gold.
- They restore teeth to their original natural beauty, and help you look your best.

#### **Out of which materials are tooth colored restorations made?**

- New strong synthetic resins, or porcelain.

## **RESTORATIONS**

From the Main CAESY Menu, bring the arrow to the box to the right of the upper left corner ICON. It will display “Restorations”. By pressing any outside button on the remote control, the “Restorations” section will be displayed.

The following questions and answers come from the Restoration Section of CAESY.

### **DIAGNOSIS of CAVITIES**

#### **What is Plaque?**

- Plaque is the sticky film of food and bacteria that forms constantly on your teeth.
- The acid caused by plaque in your mouth can be a big problem.

#### **What is put on the teeth to show plaque and tartar?**

- Because plaque is hard to see, the teeth are stained with red dye.

#### **If you don't remove the plaque everyday what will be the consequences?**

- Bacteria will produce acid that will eat through your enamel and give you cavities.

### **WORN FILLINGS (anterior resin)**

**The benefit of white plastic fillings are that they virtually never wear out. True or False.**

- False, everything wears out. And white plastic fillings are no exception.

#### **As white fillings in front teeth age what occurs that makes them wear out?**

- They absorb moisture, swell, and begin to leak.

#### **What can happen as a result of the tremendous biting force on a filled tooth?**

- There's a tremendous amount of force on the edges of teeth when you bite together and the teeth can break away from along the biting edge.

## **What procedure would be most likely required if the tooth broke away?**

- To strengthen the tooth and protect it from future damage.....crowning or bonding the tooth may be necessary.

## **What factors are taken into consideration when considering a restoration to replace a worn out filling?**

- When we recommend a restoration to replace a worn out filling, we consider both the size of the filling and the amount of remaining tooth structure. When a worn out filling is fairly small it could safely be replaced with another resin filling.
- When a worn filling is larger, and less tooth structure remains, we begin to worry about fractures. By switching to a gold or porcelain overlay, or a crown, we can strengthen the tooth and PREVENT problems.

## **PROCEDURES**

### **AMALGAMS**

#### **Explain the procedure for performing an amalgam filling.**

- Make the patient pain free.
- we may use a rubber dam. Then we remove the decay and shape the tooth with the handpiece.
- We line deeper fillings with medication to make them less sensitive to hot and cold.
- To mold the filling to the shape of the tooth, we first surround it with a thin, flexible band. A small wooden wedge between the teeth holds it snugly in place.
- We press the filling material into the tooth.
- Next, it's carved into the proper shape.
- Then we check the bite with a colored tape. which shows us where your teeth are touching, and we make sure floss still works.

#### **What is the purpose of using the Rubber Dam?**

- It protects you like a safety net, nothing can fall to the back of your throat.

### **What determines whether a rubber dam is used?**

- The size of the filling and which tooth we're working on.

### **INLAYS**

#### **True or False, the process of making a gold inlay is more like making a crown.**

- True.

#### **Why is the process for making a gold inlay more like making a crown than a silver filling?**

- That's because an inlay is custom crafted in a dental laboratory to precisely fit your tooth.

#### **How many appointments are required to perform a gold inlay?**

- It takes two appointments to restore your tooth with an inlay.

#### **True or False, gold inlays are the finest quality restorations you can have.**

- True

#### **Explain the process for performing a gold inlay.**

- Make sure the patient is pain free.
- Depending on the size of the filling and which tooth we're working on, we may use a rubber dam.
- Remove the decay and shape the tooth with the handpiece.
- Sometimes, to help us make a more accurate impression, we put a small piece of string in the space between the tooth and the gum.
- Impressions are taken which give us an accurate working model of your mouth, including the prepared tooth.
- A temporary inlay is placed in your mouth.
- At your next visit we remove the temporary inlay, and try in your new gold inlay.
- We check the fit and your bite.
- If everything looks good we cement it in place.

## **How long does it usually take for a lab to fabricate the new gold inlay?**

- Between a week or two

## **OVERLAYS**

### **What does a gold overlay have in common with a crown?**

- Like a crown, a gold overlay covers and protects the biting surface of the tooth.
- The process of making a gold overlay is also like a crown. That's because an overlay is custom crafted in a dental laboratory to precisely fit your tooth.
- It takes two appointments to restore your tooth with an overlay.

## **ALTERNATIVES**

### **What two choices do you have when you have a cavity?**

- You could postpone treatment
- You could get a filling

### **What is the problem with postponing treatment?**

- The problem with postponing treatment...is that a cavity will never go away on its own.
- It just gets bigger and bigger. It grows slowly while it's still in the hard outer enamel. But if a cavity is allowed to reach the softer inner dentin, it grows much more quickly. The race is on to fill the cavity before it infects the pulp chamber. If it gets into the pulp chamber...You'll need root canal treatment.

## **CROWNS**

The following questions and answers come from the “Crowns” section of CAESY.

### **DIAGNOSIS**

#### **What problem does a tooth have after root canal treatment?**

- After a tooth has had root canal treatment it's weak and brittle. It's weak because the center of the tooth was removed to get at the infected nerve and only the sides of the tooth are left for support.
- it's more brittle because the nerve and blood supply is gone.

#### **What could happen to a tooth if it does not receive a crown after root canal treatment?**

- If the tooth is not crowned after root canal treatment, it will more than likely break away from the biting edge. It's much more difficult to repair. A crown covers and protects a root canaled tooth and helps prevent it from breaking.

### **CRACKED TOOTH**

#### **True or False, It is important to have all cracked teeth restored immediately?**

- False, Some cracks are a problem, while others aren't. Many cracks in teeth there for years without problems.

#### **Which cracks are usually the biggest risk?**

- Those next to fillings.

#### **What are the warning signs which may indicate that a cracked tooth may break away?**

- Before a cracked tooth breaks it may hurt when you chew
- It may be sensitive to hot and cold.
- Sometimes a cracked tooth that should be treated feels fine.

## **What is the solution to keeping a cracked tooth from breaking?**

- A crown

## **FAILING CROWN**

### **When a tooth is crowned what areas of the tooth can be susceptible to cavities?**

- A cavity can develop below the crown. While a cavity never comes down through the crown, it can get started at the edge of the crown, where the tooth meets the crown.

### **Why is this area so vulnerable?**

- Unfortunately, this is one of the toughest spots to keep free of plaque.

### **Why is it important to catch decay quickly at the margin of a crown?**

- If a cavity has barely gotten started, it's easy to fix with a filling, unless it's between the teeth where we just can't get at it. However, once a cavity's become established it grows quickly because it's already gotten past the first line of defense. At this point the crown must be replaced. By replacing the crown now, before the cavity has gotten into the pulp chamber, you can avoid a root canal.

## **LARGE CAVITY**

### **Why are crowns better for large cavities than fillings?**

- Large cavities need to be fixed with crowns. Fillings simply fill holes, they don't add strength. A large cavity weakens a tooth, and without a crown to strengthen it, it can end up breaking.

## **ANTERIOR PORCELAIN CROWN**

### **How many appointments are required for an anterior porcelain crown?**

- It takes two appointments to restore your tooth with a crown. That's because a crown is custom crafted in a dental laboratory to precisely fit your tooth.

## **Impressions give us an accurate working model of your mouth, including the prepared tooth. Why is this a benefit?**

- This lets us re-create your natural bite.

## **POSTERIOR PORCELAIN CROWN**

### **Explain the procedure for doing a posterior porcelain crown.**

- We want the entire procedure of getting a crown to be comfortable for you. So the first thing we do is make sure it's painfree.
- Then we remove any decay and shape the tooth with the handpiece.
- Sometimes, to help us make a more accurate impression, we put a small piece of string in the space between the tooth and the gum. This gently pushes the gums away from the tooth. We take it out right before the impression is made.
- Impressions give us an accurate working model of your mouth, including the prepared tooth. This lets us re-create your natural bite.
- For the week or two that it takes the dental lab to fabricate your new crown you'll have a temporary crown in your mouth.
- At your next visit we remove the temporary crown and try in your new crown.
- We check the fit and your bite.
- When everything looks good we cement it in place.

## **ALTERNATIVES**

### **Explain the alternatives to crowning a tooth.**

- You could choose to delay treatment.
- You could choose to have the tooth extracted
- You could try another filling
- You could choose to put a crown on the tooth.

### **What are the drawbacks of delaying treatment?**

- Whether tooth structure has been lost due to breakage or cavities, if you delay treatment it's just going to get worse. If the tooth breaks more it's going to be harder to fix and we may have no choice but to extract it.
- When you delay treatment, any cavities just get bigger and bigger. They grow slowly while they're still in the hard enamel. But if a cavity is allowed to reach the softer inner dentin, it grows much more quickly. The race is on to fill the cavity before it

infects the pulp chamber. If it gets into the pulp chamber...You'll need root canal treatment to save the tooth.

### **What are the drawbacks of extracting the tooth?**

- An extraction would only be a short term solution. Teeth need each other for support. A missing tooth sets off a chain reaction of shifting teeth and other dental problems.

### **What are the drawbacks of filling the tooth?**

- A filling may be an alternative, but fillings don't add strength to the tooth. They simply fill in the damaged part of the tooth lost to decay. There has to be enough tooth to hold the filling in place, and keep the tooth from breaking when you chew.

## **BRIDGES**

The following questions and answers come from the 'Bridges' section of CAESY.

### **DIAGNOSIS**

#### **What is the benefit of a bridge?**

- Placing a bridge after a tooth's been lost can prevent a chain reaction of problems that would affect your entire mouth. A bridge is an excellent way to replace a missing tooth and keep a good looking smile. It's custom crafted in a dental laboratory to precisely fit your teeth. A missing tooth really changes a person's smile, but a bridge is a good way to get your smile back.

### **PROCEDURE**

What bridges are presented in the CAESY Presentation?

- 3 unit anterior porcelain
- 6 unit anterior porcelain procedure
- Cantilever bridge
- Maryland bridge
- Posterior gold bridge
- Posterior porcelain bridge

**How many appointments are required for a bridge?**

- TWO

**Explain the general procedure for performing a bridge on a patient.**

- The first thing we do is make sure it's painfree.
- Then we remove any decay and shape the teeth with the handpiece.
- Sometimes, to help us make a more accurate impression, we put a small piece of string in the space between the tooth and the gum. This gently pushes the gums away from the tooth.
- We take it out right before the impression is made.
- Impressions give us an accurate working model of your mouth, including the prepared teeth. This lets us re-create your natural bite.

- For the week or two that it takes the dental lab to fabricate your new bridge you'll have a temporary bridge in your mouth
- At your next visit we remove the temporary bridge and try in your new bridge.
- We check the fit and your bite.
- When everything looks good we cement it in place.

## **ALTERNATIVES**

### **What are the options to a bridge?**

- You could choose to delay treatment
- You could choose implants
- You could try a partial denture
- A space maintainer might work for a while

## **INDIRECT RESINS**

The following questions and answers come from the “Indirect Resins” section of CAESY.

### **What is another expression for Indirect Resins?**

- Resin Onlays

### **What are the advantages of Indirect Resins?**

- Resin onlays are bonded to the teeth.
- This creates a tight, superior fit, and restores the tooth to its original strength.
- They can be used in cases where a lot of the tooth is missing, where a crown may have been necessary.
- This keeps your tooth stronger because less tooth is removed.
- Unlike porcelain, resin onlays wear like natural teeth.
- Since resin onlay margins are invisible, they don't have to be placed below the gumline.
- This is kinder and healthier for the gums.
- Resin onlays also contain fluoride.
- This fluoride may help prevent new decay at the edges of the fillings.
- Unlike silver fillings, resin onlays contain no mercury.
- Resin onlays look great.
- It's simply amazing how beautiful and natural they look.

### **What are the disadvantages of silver fillings?**

- They can be dark and unsightly.
- The edges of fillings undergo metal fatigue and begin to break down.
- As they age, they sometimes break in the middle.
- When fillings break, they no longer seal the tooth.
- This lets cavities get started again.
- Silver fillings just fill holes, they don't add strength to teeth
- They also expand as they age, so your tooth may break.
- The metal in silver fillings causes unsightly stains of the teeth and the gums.
- Silver fillings are about 50% mercury, which can be a health concern for some people.

## **PROCEDURE**

### **Explain the procedure for replacing a silver filling with a resin onlay.**

- It takes two appointments to replace a silver filling with a resin onlay.
- On the first appointment we take out the old filling and remove any decay.
- Then we take an impression of the teeth.
- Models are made from these impressions, and its on these models that the resin onlay is made. A temporary onlay is then placed in your tooth.
- At the laboratory, resin material is carefully placed into the model and individual characterization is added to make it look natural and lifelike.
- On your second appointment, the temporary onlay is removed.
- A conditioning gel is placed on the tooth to prepare it for bonding.
- A bonding cement is placed in the tooth.
- A harmless high intensity light bonds the resin onlay to the tooth.
- Excess cement is removed and the onlay is polished to a high luster.

# **ROOT CANAL THERAPY**

## **DIAGNOSIS**

**True or False, when the nerve of a tooth becomes infected, root canal treatment can save the tooth.**

- True, root canal treatment can save the tooth.

**How may you realize you have an infected tooth?**

- It's sensitive to hot or cold
- It causes swelling and pain
- It gives you a bad taste in your mouth

**True or False, the good news about an infected root is that it always has some sort of sensitivity which warns the patient.**

- False, people are often really surprised, though, that their infected tooth hasn't hurt. But, without treatment, it will.

**Explain the different layers of a tooth.**

- The white outside of a tooth that you're used to seeing is the enamel.
- Inside the enamel is another hard layer, the dentin.
- There's a small chamber at the center of the dentin called the pulp chamber.
- The tooth pulp is a soft tissue made up of nerves, arteries, and veins.
- The pulp extends from the pulp chamber down through a narrow channel which is the root canal, all the way to the tip of the root.

**In general how many root canals are in each tooth in the front of the mouth?**

- In general, teeth in the front of the mouth have only one root canal.

**True or False, teeth in the back of the mouth have 3 root canals.**

- False, they can have 2, 3 or 4 root canals.

How do teeth become infected?

- Deep cavities can allow germs to get into the pulp chamber.
- These germs cause infection and the pulp dies.
- The pus from the infection eventually builds up at the root tip and makes a hole in the bone. This is called an abscess.

**What disease can let germs enter the tooth from the tip of the root?**

- Severe periodontal disease

**True or False, a blow to a tooth may also cause the pulp to die and then become infected.**

- True

**What can happen to an infected tooth which does not get treatment?**

- An infected tooth will never heal on its own, and as it gets worse, it will continue to be a source of infection that drags down your immune system, and THAT can affect your entire body. This damage to the bone and the swelling inside the bone can be excruciatingly painful, and even life threatening.

## **PROCEDURE**

How many steps are involved in restoring the tooth with root canal therapy?

- Root canal treatment and restoring the tooth usually involves three steps.

Explain the steps to restoring the tooth with root canal therapy.

- Remove the infection to promote healing,
- Place a post to strengthen the tooth
- Crown the tooth to protect it

Explain the procedure of root canal therapy.

- At the start of root canal treatment we make sure the entire procedure is pain free.
- We place a rubber dam around your tooth to isolate it from the rest of your mouth. It keeps the tooth dry and accessible so we can do a better job.

- To get at the infection we make an opening through the top of the tooth down into the pulp chamber.
- We use a dental file to carefully clean out the infected tissue and shape the canals to receive the filling material.
- We take x-rays to make sure that all of the infected pulp is removed.
- Sometimes it's necessary to strengthen a tooth with a post. Just like reinforcing bars in concrete, the post reinforces the tooth.
- It's cemented down inside one of the root canals.
- Making a crown is the last step in restoring your tooth.

## **ALTERNATIVES**

What are the alternatives to root canal therapy?

- You could choose to delay treatment
- You could choose to have the tooth extracted
- You could choose to save your tooth with root canal treatment

What are the drawbacks to delaying treatment?

- The problem with delaying treatment is that an infected tooth will NEVER heal on its own.
- This can lead to some very serious problems. As the infection spreads down the tooth and into your jawbone, the pain will become excruciating. It could even put you in the hospital and threaten your life.

What are the drawbacks to having the tooth extracted?

- An extraction is only a short term solution. While it does remove the source of infection, it sets off a chain reaction of shifting teeth and other dental problems.

# **PERIODONTAL DISEASE**

## **DIAGNOSIS**

What is periodontal disease?

- Periodontal disease is an infection of the teeth, gums, and the bone that surrounds the teeth.

**True or False, most people who have periodontal disease aren't even aware of it.**

- True, It's rarely painful, especially in the early stages.

**What is the main cause of periodontal disease?**

- The main cause of periodontal disease is the accumulation of plaque.
- Plaque is the sticky film of food and bacteria that forms constantly on your teeth. It's hard to see plaque. You must remove all of the plaque each day, or else it builds up and mineralizes to become tartar, which is also called calculus.
- Bacteria produce toxins, and it's these toxins combined with your body's reaction to them that destroys bone around your teeth.

**Can a patient remove tartar from brushing and flossing?**

- NO, It takes professional help to remove tartar. There's no way for you to remove it at home, a toothbrush or floss won't even budge it. If it isn't removed it starts to get onto the root surfaces.

**What are some warning signs of periodontal disease?**

- Persistent bad breath,
- Bleeding of the gums when brushing or flossing
- Soft, swollen, or tender gums, gums shrinking away from the teeth
- Loose teeth, and changes in the spaces between your teeth which reflect changes in the underlying bone.
- A person can also have periodontal disease and experience none of these warning signs.

### **What is a Sulcus?**

- A sulcus is the crevice between the tooth and the gums.

### **What is a healthy sulcus?**

- A healthy sulcus is two to three millimeters deep.

### **What is a pocket?**

- When plaque and tartar invade a sulcus and it becomes deeper than three millimeters, we call it a pocket.

### **True or False, once bone has been lost, it NEVER grows back.**

- True

What happens when too much bone is lost and there's little support for the teeth?

- They get loose and have to be removed.

### **MICROSCOPE**

**True or False, a microscope is a new tool to dentistry that really helps in the treatment of periodontal disease.**

- True

**Explain the way the microscope is used for the treatment of periodontal disease.**

- The bacteria that cause periodontal disease thrive below the gumline. To look at the bacteria from a person's mouth we take a small plaque sample from a pocket and place it on a slide. The slide will show spirochete bacteria which is one sign of active periodontal disease.

## **PROCEDURE**

### **ROOTPLANING**

#### **What is the goal of root planing?**

- The goal of root planing is to eliminate the source of periodontal infection by removing the plaque, tartar and bacterial toxins from the root surfaces.

#### **If routine cleanings remove plaque and calculus from above the gum line what does root planing do for the patient?**

- It removes plaque and calculus from below the gumline.

#### **True or False, special instruments are used to do root planing.**

- False, we plane root surfaces with the same instruments that have always been used during your cleanings, we just go a little deeper.

#### **Explain the procedure for root planing.**

- To keep you comfortable, we usually numb you before root planing begins.
- We carefully remove the plaque, tartar, and bacterial toxins from the root surfaces.
- Once the source of infection is removed, your gums begin to heal.

#### **What is the net effect on your gums as a result of root planing?**

- As they heal, your gums will tighten around your teeth.

#### **What is the significance of homecare?**

- Homecare is the key to keeping this healing going. Since brushing and flossing only go about three millimeters below the gumline, something more is needed to clean the deeper pockets of periodontal disease. We'll give you the tools and techniques to do it as part of your treatment.

**True or False, root planing is accomplished in one appointment.**

- False, normally, we spread root planing across several appointments. This way we can check the healing and help you fine tune your home care efforts. Several weeks after root planing is completed we'll have you back so that we can check your progress. And if necessary, switch tactics. until you're keeping all the plaque off your teeth.

**Explain the difference between periodontal cleanings and regular cleanings.**

- Periodontal cleanings are different than regular cleanings because we check the roots and clean them each time. Studies have shown that having these periodontal cleanings every two to three months will dramatically increase the long term success of treatment. This will help you avoid a relapse or advanced gum disease, and the need for more root planing, or even more expensive and complicated treatments like surgery.

**PERIODONTAL SURGERY**

True or False, modern periodontal surgery is remarkably quick and painless.

- True

**When is periodontal surgery necessary?**

- Surgery is necessary when pockets still remain after root planing, and the gums are still infected.

**What are the goals of periodontal surgery?**

- The goals of surgery are to heal the pockets by removing all of the tartar from the root surfaces, lowering the gum line so it's easier to remove plaque, and re-shaping the bone. The surgical treatment of periodontal disease removes the source of infection and raises your overall level of health.

**True or False, the soreness after surgery can usually be handled well by mild pain medication.**

- True

## **ALTERNATIVES**

### **What are your choice to periodontal disease?**

- You may choose treatment
- You may choose to delay treatment.

### **What are the consequences of delaying treatment?**

- Delaying treatment will never make periodontal disease go away.
- Periodontal disease is an ongoing, degenerative disease.
- Bone lost never grows back. If too much bone is lost, teeth get loose and have to be removed.
- This means you may end up wearing partial dentures, or even full dentures.

## **ORAL HYGIENE INSTRUCTION**

### **BRUSHING**

#### **What are the four things required for proper toothbrushing?**

- A soft toothbrush
- Toothpaste with fluoride
- The correct angle of brushing
- Brushing in a pattern

#### **How many times a day should you brush?**

- It's important to brush at least twice a day using a soft toothbrush.

#### **Why is a soft toothbrush so important?**

A soft toothbrush makes it much easier to remove the plaque below the gumline, where periodontal disease starts.

#### **What significance does fluoride provide in your toothpaste?**

Fluoride hardens the outer enamel layer of the teeth. It might stop a cavity in its tracks and give you more resistance to cavities.

#### **Explain the proper process for brushing.**

- Angle the bristles of the brush along the gumline at a 45 degree angle
- Apply firm pressure so the bristles slide under the gumline
- Vibrate the brush while you move it in short back and forth strokes and in small circular motions.
- Brush two or three teeth at a time, then move to the next teeth, allowing some overlap.
- Tilt the brush and use the tip to brush the backs of the front teeth.
- It's fine to brush in any regular pattern you choose, but since the insides of the teeth tend to get less attention, you might start with the insides of the upper teeth, then go to the insides of the lower teeth.
- Switch to the outsides of the upper teeth, and then the outsides of the lower teeth.
- Brush the chewing surfaces of the upper teeth, then the lower teeth

- End by gently brushing your tongue and the roof of your mouth. This removes germs and keeps your breath fresh.

## **DISCLOSING TABLETS**

What are disclosing tablets used for?

- They are used to stain plaque red making it easy to see.

## **FLOSSING**

**What is floss used for?**

- To remove the plaque between your teeth.

**Where do most cavities and periodontal disease begin?**

- Between the teeth.

**How often should you floss your teeth?**

- At least once a day.

**True or False, you must use a special type of floss to ensure proper maintenance?**

- False, don't worry about the type of Floss. They all work pretty much the same.

**Explain the process for proper flossing.**

- Wind 18 inches of floss around the middle fingers of each hand, leaving about five inches between your hands.
- Pinch the floss between your thumbs and index fingers and leave about 1 inch in between to work with.
- Gently guide the floss down between the teeth using a side to side motion.
- If your teeth are too tight to floss, or if it catches or tears, the dentist should be notified.
- Pull the floss tightly in a C shape around the side of the tooth and slide it under the gumline.
- Clean the surface of the tooth by using an up and down motion, not side to side, until the surface is clean.

- When all the plaque has been removed you'll hear the floss start to squeak.
- Wind the floss to a fresh section.
- Gradually work your way around your mouth cleaning both sides of every tooth.

### **What is a floss fork used for?**

- Reaching some areas which cannot be used with normal flossing.

### **True or False, if your gums are infected they'll bleed when you Floss which is highly unusual if you are just beginning to floss.**

- False, if your gums are infected they'll bleed and it is to be expected. After a week or so of regular flossing the bleeding should go away.

## **PERIODONTALLY INVOLVED**

### **Why are special tools necessary for periodontally involved teeth?**

- Special tools are necessary to reach down beyond the normal three millimeters. To thoroughly clean the indentions in the sides of the roots in a pocket. Each tool is useful in different areas of your mouth.

## **SUPER FLOSS & THREADERS**

### **What is superfloss and floss threaders used for?**

- Superfloss and floss threaders are a good way to remove plaque under bridges and braces.

## **X-RAYS**

### **BITEWINGS**

**True or False, Bitewing x-rays are the most common x-rays taken in dentistry.**

- True

**What are bitewing x-rays used for?**

- We use them to find cavities between the teeth, see tartar on the roots, worn out fillings, and receding bone levels from periodontal disease.

**How is a bitewing x-ray taken?**

- A small packet of x-ray film is placed inside your mouth and by biting on the tab on the side of the packet, the film is properly lined up to get a picture of your upper and lower teeth at the same time.

**What is the significance of a lead apron?**

- The lead apron protects the rest of your body while we take x-rays of your mouth.

**True or False, Dental x-rays use high speed film so the amount of radiation exposure is very low.**

- True

**True or False, though machines vary, bitewing x-rays only add as much radiation as you'd get from about 3 extra weeks of natural background radiation.**

- True

**True or False, if you've recently had x-rays taken of other parts of your body, bitewing x-rays can add to that exposure.**

- False, exposure to one part of the body doesn't accumulate with that from any other part of the body.

### **Why are bitewing x-rays a necessary part of regular dental check-ups?**

- Because, they give us vital information that we can't get from any other source.

## **FULL MOUTH**

### **What is the significance of a Full Mouth Series of X-rays?**

- A full mouth series of x-rays is the first step in a thorough dental examination. We take this series of x-rays so we can find cavities between the teeth, worn out fillings and crowns, tartar on the roots, receding bone levels, and abscesses.

### **How many film packets make up a standard full mouth series?**

- 18 separate film packets in specific locations to thoroughly evaluate your entire mouth.

## **PANOGRAPHIC**

### **What is the significance of a panographic x-ray?**

#### **A panographic x-ray gives us a panoramic view of your mouth.**

- It gives us valuable information about the position of wisdom teeth, receding bone levels which is a sign of periodontal disease abscesses, jaw-joint problems, and sinus problems.

### **Describe how a panographic x-ray is taken.**

- The x-ray film is positioned outside your mouth and the x-ray head rotates around you.

# **DENTURES**

## **DENTURE CARE**

### **Explain the use of a denture brush.**

- A denture brush is one of the many commercial cleaning products to thoroughly clean all of the surfaces of your denture at least once a day.

### **How do you get rid of tough stains and tartar from dentures?**

- Tough stains and tartar can be removed by soaking your denture in white vinegar for several hours. If there are no metal parts in your denture, you can also soak them in a diluted chlorox solution.

### **Whenever your denture is out of your mouth, in what should it be stored?**

- It should be stored in water.

## **TYPES OF DENTURES**

### **IMMEDIATE DENTURES**

#### **What is the biggest cause for having to have dentures?**

- This is usually caused by advanced periodontal disease. Periodontal disease causes bone to be lost and if it's not caught in time, there's so little support for the teeth...they have to be removed. Removing your teeth and replacing them with a denture may be the best way to eliminate the infection and restore the health of your mouth.

#### **What is an immediate denture?**

When all the work is done the same day, it's called an immediate denture.

#### **Explain the process for making a denture.**

- To begin the process of making a denture, we first take impressions of your mouth. From these impressions we make precise working models of your mouth and it's on these models that we make the denture. We'll work with you to select the best color and shape for your new teeth. When your denture is ready, we'll extract your

remaining teeth. You'll be thoroughly numbed before any teeth are removed, and should feel no pain. As soon as your teeth are out, your denture will immediately be placed. For the first 24 hours your new denture will feel tight because your gums are swollen. As your bone heals over the next six to nine months, your gums will shrink and your denture will feel loose. When this happens, we'll use a temporary lining material to tighten the fit. After this period of healing, when the shape of your mouth has stabilized, we'll send your denture back to the lab and have it relined for its final fit.

### **What are some of the problems associated with wearing dentures?**

- Some temporary problems are a normal part of adjusting to your new denture.
- At first, your denture may tip when you chew.
- You may notice increased salivary flow.
- It may seem bulky.
- You may gag a little.
- Your tongue will feel crowded, and you may have difficulty speaking.

### **UPPER PARTIAL DENTURES**

#### **True or False, A partial denture can be a good way to replace missing teeth.**

- True, when you save your remaining teeth and have a partial denture, you'll chew better, look better, and have a healthier mouth.

#### **What problems does a partial denture prevent?**

- By filling in spaces it stops neighboring teeth from shifting.
- When missing teeth aren't replaced it can set off a chain reaction that can result in cavities and periodontal disease.
- This means you'll chew better and have a healthier jaw joint.
- Partials also add support to your cheeks and lips. This support is necessary to speak clearly and look your best.

#### **What are the disadvantages of partials?**

- The clasps can sometimes show when a person smiles.
- The bar across the palate sometimes makes tasting more difficult
- It may feel bulky, and may cause you to gag at first.
- Even when an upper partial denture fits, food will collect under it then you eat You'll probably have to rinse it after every meal.

- Over the years, as the partial is repeatedly taken in and out, it can cause wear on the anchor teeth, and even loosen them.
- The bone will continue to recede in the areas where teeth are missing. This may mean that every few years your partial will have to be relined.

### **Some temporary problems are a normal part of adjusting to your new upper partial denture. What are they?**

- At first, it may tip when you chew.
- You may notice increased salivary flow.
- It may seem bulky.
- You may gag a little.
- Your tongue will feel crowded, and you may have difficulty speaking.

## **OVERDENTURES**

### **What are overdentures?**

- An overdenture fits over specially prepared teeth. From the outside, an overdenture looks the same as a regular denture. But under the denture you can see the difference, some teeth are retained and an overdenture fits over these prepared teeth.

### **What are the benefits of an overdenture?**

- The bone in your jaw begins to recede when we extract your teeth. However, if we leave some of the roots of the teeth in place, we can slow bone loss significantly and give you a more stable denture.

### **How are the teeth prepared for an overdenture?**

- First we remove that portion of the teeth above the gumline.
- Next we perform root canal treatment on these teeth
- Sometimes we cover them with small metal caps.

## **PROBLEMS WITH DENTURES**

### **Explain the general problems with dentures.**

- Some people believe that their problems will be over if they have their teeth removed and get dentures. But instead, as most denture wearers will tell you, this marks the beginning of many new and different problems.
- It's tough to chew with a denture. It could take you five times longer to chew a steak.
- When you add up all the costs, the cost of removing the teeth, the cost of making the dentures, the cost of relines in a few months and the periodic remaking of the dentures (which can be as often as every three years by the way)...dentures often end up being a very expensive option.
- As chewing becomes more and more difficult...you may be forced to consider implants.
- As you may already know, they're one of the most expensive options in dentistry.
- When you wear a denture, over time the bone in your jaw will recede...and this is what causes a denture to get loose and floppy. This means that a denture will have to be remade very few years to keep it fitting properly.
- This is particularly true for your lower jaw, the base for the denture is smaller to begin with, and the bone is much less stable.
- Some long term denture wearers suffer because their jaw hurts and goes numb every time they try to chew

### **When the bone under dentures recedes, what two things happen?**

- Your nose gets closer to your chin
- Your lips collapse. This causes you to have more wrinkles, makes you look older, and gives you less lip support for many important activities.

### **What is very bothersome for people with upper dentures?**

- An upper denture covers most of the taste buds on the roof of your mouth. This makes it much harder to taste and enjoy your food.
- The tissues and bone in the mouth were never made to have plastic continually rubbing against them....sore spots will be a problem. If you have an active gag reflex...an upper denture might even be impossible to wear.

## **ALTERNATIVES**

### **What are alternatives to dentures?**

- Periodontal therapy
- Root canal therapy
- Bridges
- Implants
- Delay treatment

# **EXTRACTIONS**

## **DIAGNOSIS**

### **What are the main reasons teeth must be extracted?**

- Decay
- Periodontal disease
- Primary Teeth
- Wisdom Teeth

### **What is another term for wisdom teeth?**

"third molars" they are the last teeth to come into the mouth.

### **When do wisdom teeth start to appear in the mouth?**

- In the late teens or early 20's, and that's when problems can begin.

### **What problems can occur if wisdom teeth are allowed to remain in the mouth?**

- An impacted wisdom tooth may push on other teeth.....It can be excruciatingly painful when a wisdom tooth that's partially in becomes infected. This is a common dental emergency and can cause pain for days, even after antibiotics are started. A misaligned tooth can also cause cavities.
- Wisdom teeth are nearly impossible to keep free of plaque. Sometimes cysts form around impacted wisdom teeth and they can destroy a tremendous amount of bone before they're noticed. With time, the roots of wisdom teeth may grow around a nerve in the jaw which can then be damaged during extraction. This could leave your lip and chin permanently numb.

### **What are the advantages to removing the wisdom teeth in the mid teen years?**

- The roots of the teeth are still short, there's still a space around them that makes them easier to remove, there's less risk of nerve damage, and bone will fill in better behind the second molar. All of this adds up to less pain and faster and easier healing.

## **PROCEDURE**

### **SINGLE TOOTH**

**Explain the procedure for removing a single tooth.**

- The first thing we do is make sure it's pain free.
- After a while the area is checked to make sure that you're completely numb.
- We use elevators and forceps to remove the teeth.
- Elevators are placed next to the teeth and used to roll the teeth out of the socket. Forceps are used to more firmly grip the tooth.

### **WISDOM TEETH**

**Explain the precautionary measures of which the patient should be aware regarding the removal of wisdom teeth.**

- You probably won't feel like driving home after your surgery appointment, so arrange to have a friend or family member come with you.
- If you plan to have intravenous sedation, remember not to eat or drink after midnight the night before.
- If you forget, you'll either have to be awake, or reschedule the appointment. Schedule some time off from work or school.
- You'll probably want to take it easy for several days after your appointment.
- If you choose intravenous sedation, remember to wear comfortable, loose fitting clothing with sleeves that roll up.

**How long does it usually take to remove all four wisdom teeth?**

- An appointment to have all four wisdom teeth removed normally only takes an hour or two.

**What is the procedure for removing wisdom teeth?**

- You'll have gas or intravenous sedation to relax you, and then we'll numb your teeth.
- After a while the area is checked to make sure that you're completely numb.
- We use elevators and forceps to remove the teeth. Elevators are placed next to the teeth and used to roll the teeth out of the socket.
- Forceps are used to more firmly grip the tooth.

- Depending on the situation, it's sometimes helpful to cut the tooth in two before removal.
- If your tooth is below the gumline, we'll remove it through a small incision. A couple of stitches will close the incision.
- Having your wisdom teeth extracted will prevent many future problems.
- With modern dental techniques, it should be a comfortable procedure for you.

## **POST-OP INSTRUCTIONS**

### **Why do we ask you to bite on a gauze pad for 30 to 45 minutes after the extraction?**

- After an extraction it's important for a blood clot to form to stop the bleeding and begin the healing process.
- If bleeding or oozing continues after you remove the gauze pad, place another dampened gauze pad and bite firmly for another 30 minutes. You may have to do this several times.

### **After the blood clot forms it's important to protect it, especially for the next 24 hours. What does the patient want to avoid during this period?**

- Don't smoke
- Don't suck through a straw
- Don't rinse your mouth vigorously
- Don't clean the teeth next to the extraction site.

### **What are the potential problems associated with smoking, sucking through a straw, rinsing vigorously and cleaning teeth next to the extraction site within the first 24 hours of the extraction?**

- These activities would dislodge the clot and slow down healing.

### **After the tooth is extracted you may feel some pain and have some swelling. What should the patient do to minimize the pain and enhance healing?**

- You can use an ice bag to keep this to a minimum. The swelling usually starts to go down after 48 hours.
- Use pain medication only as directed.
- Drink lots of fluids and eat only soft nutritious foods on the day of the extraction. Don't use alcoholic beverages and avoid hot or spicy foods.

- Gargle twice a day beginning the day after the extraction. Just mix a half a teaspoon of salt in a glass of warm water and gently swish. Also rinse gently after meals, it helps keep food out of the extraction site.
- It's very important to resume your normal dental routine after 24 hours....this should include brushing your teeth and tongue, and flossing at least once a day. This speeds healing and helps keep your breath and mouth feeling fresh.

## **ALTERNATIVES**

### **What are the alternatives to extracting teeth?**

- Root canal therapy
- A crown
- Surgical procedures such as bone grafting or root amputation
- Delaying treatment is risky because the problem will only get worse. If it has a cavity, it will get deeper and get into the nerve. If there's bone loss around the tooth, you'll lose more bone. And if the damage has gone too far, and the tooth has to be removed, then delaying treatment lets the infection spread to other teeth, or worse yet, to the rest of your body. Your life can even be threatened by infections in the jaw.

## **WISDOM TEETH**

### **What are the alternatives to extracting wisdom teeth?**

- The alternative to having wisdom teeth removed is to keep them.
- They can be restored using all the regular dental procedures. A few lucky people are able to keep their wisdom teeth, use them, and take proper care of them. In most cases, this isn't possible and a delay in their removal can cause serious problems.

## **CO-DIAGNOSIS**

What are two very important parts of the dental examination?

- The diagnosis of cavities
- periodontal disease

## **ORTHODONTICS**

### **DIAGNOSIS**

**What does the term malocclusion mean?**

Malocclusion is the dental term for teeth that don't fit together properly. It comes from the Latin root words mal, which means bad, and occlusum, which means to close.

**What is the branch of dentistry associated with correcting malocclusions?**

- Orthodontics

**What are some common things which cause malocclusion problems?**

- The size of teeth and how they fit into a person's jaw.
- Thumb sucking
- Missing teeth can cause a bad bite to develop. The teeth around a space will shift and this can throw off the entire bite. This is a collapsed bite due to tooth loss.

**Explain the many types of malocclusions.**

- The upper jaw may be too far out
- The lower jaw may be too far out
- Both jaws may protrude
- Crowding may be the problem
- There may be too much space between the teeth
- Teeth may be in crossbite

## **Why is it important to correct malocclusion?**

- A malocclusion that isn't corrected can really affect a person's profile and appearance.
- It may also contribute to tooth decay, bone destruction, loss of teeth, and jaw-joint problems causing headaches, difficulty in opening and closing, clicking and popping, and sore and painful jaw muscles.

## **PROCEDURE ADULT**

### **What percentage of orthodontic cases in the U.S. involve adults.**

- One out of four, 25%

### **Explain the enhancements which have been developed in orthodontic appliances since the late 1980s.**

- Today we've replaced the metal bands with brackets that are bonded with an adhesive right to the front of the teeth which much more comfortable, smaller in size and much less noticeable.
- Clear sapphire brackets are also available, but they're usually more expensive and tougher to keep clean.
- A stainless steel wire still connects the brackets and different sizes provide the pressure to move the teeth. Elastics that now come in many fashionable colors hold the wire in place.
- Special elastic bands may be added to speed up teeth movement.
- Different wires and attachments are used in difficult cases.

### **It's pretty amazing how far teeth can move through bone. Explain how the teeth move through the bone?**

- Your bone responds to the tension created by these brackets and wires by making special cells on each side of a tooth. These cells remove bone on one side of the tooth and make bone on the opposite side. That's what allows the tooth to move.

**It's harder to clean your teeth once braces are on, so what very important during the orthodontic procedure?**

- Regular cleaning appointments are more important than ever. Permanent white stains may form on teeth if plaque isn't regularly removed.

**After treatment, what does the orthodontist use to ensure your teeth hold to their new alignment?**

- Retainers.
- Some retainers are designed to be removable, while others are cemented in place.

**PROCEDURE CHILD**

**Until recently, orthodontics was used mainly to straighten crooked teeth. Now, when problems are caught early enough, what is possible to achieve on a child?**

- It's possible to actually alter the facial development of a growing child by using functional appliances.

**What is a space maintainer and what is it used for?**

- Space maintainers are used after a baby tooth has been lost. They maintain the alignment of the permanent teeth.

**What is the length of time, on average that a child spends in braces?**

- The time a child spends in braces depends on the severity of the malocclusion, but it's usually between one and three years.

**ALTERNATIVES**

**What are the alternatives to having orthodontic treatment?**

- Crowns
- Bonding
- Implants
- Leaving teeth as they are is always an option

## **NITROUS OXIDE**

### **What is nitrous oxide?**

- It is a gas which has a calming effect on the patient during treatment.

### **What is another term used for nitrous oxide?**

- Laughing gas

### **True or False, the good thing about nitrous oxide is that it eliminates the need to numb the teeth with anesthetic.**

- False, anesthetic is still necessary. It just has the nice effect of making a person more relaxed.

### **How is nitrous oxide administered?**

- You breathe nitrous oxide in through a small mask that covers your nose. It takes just a few minutes for you to notice the effects.

### **How do most people describe the feeling while they are using nitrous?**

People most often describe the feeling as being relaxed, unconcerned, happy, slightly numb, and disconnected from what's happening around them.

### **True or False, the problem with nitrous oxide is that it can have a long lasting effecting on the patient.**

- False, there are no long lasting effects and you can safely drive after a dental appointment.

### **When should nitrous oxide be avoided?**

- When you're pregnant
- When you have an inner ear infection
- When you have asthma

# COMPARISONS

## PROCEDURES

### FILLINGS

#### **What is the most common filling material?**

- Amalgam is the most common filling Material.

#### **What are the good points of an amalgam filling?**

- An amalgam filling can be done in a single appointment.
- It's strong and does the job.
- It's the least expensive filling material initially

#### **What are the drawbacks to an amalgam filling?**

- Amalgam fillings are the only filling material that contains mercury which can be a health concern for some people
- As the years go by it will wear out and have to be replaced.
- Fillings can only be replaced so many times before you've lost so much tooth structure that you'd have to crown the tooth.
- An amalgam filling may be the most expensive option in the long term due to the additional work which may eventually be needed

#### **What are the benefits of a white resin filling?**

White resin fillings can also be done in a single appointment.

They're about as strong as amalgam fillings

They're actually bonded to the teeth.

While they're more expensive than amalgam fillings, they look like natural teeth.

#### **What are the benefits of an inlay?**

- An inlay is custom crafted in a dental laboratory to precisely fit your tooth.
- they're more durable, they won't have to be replaced as often, and they may reduce the need for a crown in the future.

### **What are the drawbacks of an inlay?**

- It takes two appointments to restore your tooth with an inlay.
- Inlays are more expensive in the short run than amalgam or resin fillings. However, they may be less expensive in the long run.

### **What are the benefits of porcelain inlays?**

- Porcelain inlays can be made to closely match your natural tooth color.
- They look great.

### **What are the benefits of gold inlays?**

- Gold is the very highest quality material.
- Gold is the longest lasting material.
- Gold is the best material available because it's the strongest, and creates the most accurate fit.

# **SEALANTS**

## **What is a sealant?**

- Sealants are a clear or white plastic that are placed in the grooves of the biting surfaces of back teeth.

## **Why are sealants important?**

- Back teeth have deep grooves and pits that are very difficult to keep clean. Food collects in these grooves. Every time you eat, the bacteria in plaque forms acid. Without sealants, these acid attacks can cause the enamel to break down and you get a cavity.

## **How are sealants placed?**

- It's easy to place sealants, you don't even have to be numb.
- First we thoroughly clean and dry the teeth.
- A blue conditioning solution is applied.
- Then the sealant material is brushed into the grooves.
- Some types of sealants harden on their own, while others harden when exposed to a special light.

## **True or False, sealants do occasionally have to be replaced.**

- True, they wear out. Chewing ice or anything hard. makes them wear out even faster.

## **APICOECTOMY**

### **What is an apicoectomy?**

- An apicoectomy is a minor surgical procedure, necessary when root canal treatment hasn't completely healed an infected tooth.

### **How does this happen?**

- After root canal treatment, an abscess, which is a hole in the bone at the tip of the root, sometimes continues to grow.

### **How do you stop the infection?**

- To stop the infection, we make a small incision in the gums. We remove the infection and then seal the tip of the root. Once this has been done, the infection will heal, new bone will grow in, and the tooth will be healthy again.

## **SMOKELESS TOBACCO**

**True or False, smokeless tobacco has just as much sugar as candy.**

True and you see the same results.

**What are some of the problems with dipping snuff?**

- It gives you unsightly stains and bad breath
- It's also a hotspot for gum disease, decay, and cancer.
- Stomach ulcers
- High blood pressure
- Diabetes
- Bladder cancer
- Heart disease
- Clogged arteries
- Strokes

**Who was Sean Marsee?**

- Sean Marsee of Ada, Oklahoma, lifted weights and ran the 400 meter relay. By the time he was 18 years of age, he had won 28 medals. To keep his body strong, he didn't smoke or drink. But he did use smokeless tobacco, because he thought it wasn't harmful to his health. When oral cancer was discovered, part of Sean's tongue was removed. But the cancer spread. More surgeries followed, including removal of his jaw bone. In his last hours, Sean wrote -- he could no longer speak -- this plea to his peers: "Don't dip snuff." He died at age 19.

## **BOTTLEMOUTH SYNDROME**

### **What is bottle mouth syndrome?**

- Bottlemouth syndrome is the severe decay of baby teeth caused by the constant presence of milk, formula, or fruit juice in a child's mouth.

### **Explain how bottle mouth syndrome comes about.**

- Every time a child drinks anything containing sugar, bacteria in the mouth produce acids that attack the teeth enamel for at least thirty minutes. The most common source of sugar is a bottle left in the child's mouth for long periods, especially at night or during naps. then we see a lot of damage.

### **What is a suggested alternative to giving the child milk, formula or fruit juice?**

- By switching to a pacifier or a bottle of plain water at these times, you can avoid the damage and suffering of bottle mouth syndrome.

# **IMPLANTS**

## **DIAGNOSIS**

### **What is a dental implant?**

- A dental implant is a small titanium cylinder that's surgically inserted into the bone of the jaw to replace the root of a missing tooth. An artificial tooth is attached to the implant, and can be used as part of a bridge.

### **An implant can be used in conjunction with what type of appliances?**

- Bridge single abutment
- Bridge two abutments
- Mandibular edentulous, dentures
- Maxillary edentulous, dentures
- Single tooth, Crown

### **What are the advantages to an implant over a partial denture?**

- You get to avoid the clasps and metal work that comes with a partial denture
- An implant can help stop the continuing bone loss that begins when teeth are removed. Using a dental implant to support a bridge is a good way to replace missing teeth. Securing your teeth with dental implants can make a world of difference. You can eat, talk, laugh, and smile with confidence.

### **Explain a way to use implants on the lower jaw?**

- One way to use implants on the lower jaw is to connect the implants with a bar, and then put clips into a new lower denture. These clips snap onto the bar and keep the denture from rocking and shifting. A denture like this one can still be removed for easy access and cleaning of the implants and bar by you at home.
- Another option is a lower bridge, it's held in place by screws. It can be removed, but only here in the office. Using dental implants to support either a lower denture or bridge will keep the pressure off the bone and the nerves. The implants also help stop the bone loss in the jaw that continues once teeth have been removed. Securing your teeth with dental implants can make a world of difference. you can eat, talk, laugh, and smile with confidence.

## **PROCEDURE**

### **GENERAL**

**Explain the general procedure for the placement of an implant.**

- For the surgical placement of the implant, you'll have nitrous oxide or intravenous sedation, and then your mouth will be numbed.
- An incision is made in your gums
- A hole is made in the bone to receive the implant.
- After the implant is snugly in place, the gums are closed over
- Over the course of the next few months, the implant becomes securely attached to the bone.
- The second phase starts with surgical exposure of the implant.
- Another incision is made in your gums and a small extension is placed to bring it above the gumline

### **SINGLE TOOTH**

**Explain the procedure for restoring a single tooth with a dental implant.**

- Restoring your mouth with a dental implant is accomplished in two phases.
- The first phase of the procedure is the surgical placement of the implant.
- It's under the gums for several months while the bone attaches to it.
- After healing, the second phase begins.
- The implant is re-exposed and your new crown is made.
- We then start a series of appointments to make your new crown.
- Though some of the steps might be different in each case, they usually include making impressions of your mouth.
- From these impressions, we make precise working models of your mouth which are
- carefully mounted for proper alignment.
- The last step is the placement of your new crown.

### **ALTERNATIVES**

**What alternatives are there to dental implants?**

- Your alternatives to implants when replacing missing teeth are partial dentures, bridges, full dentures, and delaying treatment. If you have some remaining teeth, then a partial denture may be an alternative. A partial denture is held in place by clips or special attachments. It can do a nice job of replacing missing teeth. A bridge might

also be an alternative if you have remaining teeth. There are several types of bridges, but they all use the neighboring teeth as anchors. If you now wear a denture, then replacing or relining it may allow you to continue to use it. Delaying a decision is always an alternative. You may decide to wait while you consider your options.

## **INFECTION CONTROL**

**Explain the necessary components of infection control.**

- Scrub hands before and after each appointment, and always put on a new pair of disposable gloves.
- Wear masks and protective eyewear.
- All instruments are sterilized with an autoclave, handpieces are always heat sterilized between patients.
- Use disposable supplies.
- Use protective barriers on exposed surfaces and disinfect all other surfaces according to government standards.
- Dispose of biodental waste and sharp instruments in safe containers provided through a biomedical disposal company.
- Staff members are vaccinated for Hepatitis B
- Regularly update infection control procedures for all staff members.

## **TMJ SYNDROME**

### **What is TMJ syndrome?**

- TMJ syndrome is a cycle of pain, muscle spasms, and joint imbalance where the jaw meets the skull.

### **What do the initials T.M.J. stand for?**

- The initials T.M.J. stand for temporal, mandibular, which are the names of the bones that come together at the joint where the lower jaw meets the skull. This joint connects the temporal bone of the skull with the mandible bone of the jaw.

### **When the five muscles which support the joint and the balance of these bones, cartilage, and muscles is lost, what are the most common results?**

- Headaches
- Earaches
- Difficulty in opening and closing
- A clicking or popping in the joint
- A dull aching pain around the ear that spreads into the face
- Sore or painful jaw muscles

### **What are ways can this cycle of pain occur?**

- This cycle of pain, spasms, and joint imbalance can be started by clenching or grinding the teeth, a bad bite caused by missing teeth or badly aligned teeth, a blow to the joint, arthritis, or emotional stress.

### **How is TMJ syndrome treated?**

- Emotional stress can be treated by counseling.
- Clenching and grinding will often go away once a person's stress is reduced breaking the cycle of T.M.J. syndrome.
- You can reduce muscle spasms and pain with moist heat, inflammation reducing drugs and muscle relaxants, muscle massage, and a soft diet.
- To restore balance to the joint we may crown teeth, fill spaces, adjust the bite, or even move teeth.
- A splint, which is a plastic mouthpiece, can reduce clenching and grinding and help restore harmony to the joint.
- In extremely severe cases, surgery may be necessary to repair the damaged part of the joint.