

stDental Times

August 18, 2008



Mark your calendar for Saturday, **October 25th, 2008** for a Movie Premier. Free movie, popcorn and drinks for our current patients, family and friends. The Movie we have selected is High School Musical 3. The event will be held at CineLux Theater at Tennant Station in Morgan Hill. This is our second wave of patient appreciation events. Seats are limited. First come, first serve. Please call our office for details.

It is also time for our annual survey. As our patients, you are very important to us. We are in practice because of you. That is why we are committed to delivering a great experience EVERY time you visit us. Your complete satisfaction is our top priority! If we disappoint you, we want to know...so we can fix it! If you have a question, we want to know...so we can answer it! If we exceed your expectations, we want to know...so we can keep on doing it!

Please take a moment to fill out the enclosed postage-prepaid patient satisfaction survey. Your name is optional, but is needed to enter a drawing for a FREE Oral-B Triumph Electronic Toothbrush. Thank you for your time, and see you at the movies!

Sincerely,
Dr. Andrew Huang &
Dr. Ann Lien

Produced in-house by Santa Teresa Dental to improve your dental health and awareness.

Sedation Dentistry

Are you or do you know someone who is anxious or fearful about dental treatment and even worries about it all the time?

When a person is afraid, the threshold for pain is much lower, and he or she can become hypersensitive to every sensation, prick, and noise. Fear and anxiety trigger the release of certain chemicals like adrenalin, which put the "fight or flight" instincts on high alert. Anticipating that something is going to hurt tenses the muscles, even if it is subconscious. In this heightened state of anxiety people experience more pain during and even after treatment. However, this response can be virtually eliminated with oral sedation!

Oral sedation allows patients the confidence and peace of mind to experience dental procedures in a whole new way. An hour seems to pass like

mere minutes: necessary dental treatment can be performed comfortably because a person is relaxed, and Dr. Andrew Huang can work more efficiently because he can focus more on the work at hand.

What is sedation dentistry?

Studies show that 30% of the population avoids the dentist due to fear. Sedation dentistry provides a safe and comfortable experience for fearful patients to get the care they need and want. Dr. Huang is licensed by the Dental Board of California

to administer Adult Oral Conscious Sedation. He can customize the protocols to the patient's anxiety level and medical history allowing fearful patients an incredibly comfortable, relaxing and safe experience.

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Dental Visit for Your Children before School Starts!

A quick reminder to bring your children in before school starts! We also have the school calendar for Morgan Hill & Gilroy Unified School District available at our office so we can schedule around school.

Did you know that all children are required to have a dental check-up by May 31 of their first year in public school (at kindergarten or first grade).

Dental evaluations that have occurred within the 12 months prior to school entry also meet this requirement.

If a dental check-up cannot be obtained, parents may get a waiver from this requirement by filling out the form provided by the child's school. The form can also be downloaded directly from the website of the California Department of Education at <http://www.cde.ca.gov/>.

Gambling with your oral health?

Gum disease is the leading cause of tooth loss.

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters the bite, which can affect ability to chew and speak ... and cause a “collapsed” facial appearance. You’ve probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visit.

Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn’t just affect your appearance – it can affect your overall health as it has been linked to diabetes, premature birth weight, cardiovascular and kidney diseases, Alzheimer’s and oral cancer. Don’t gamble on your luck. Make sure you take as many preventative measure as possible, and keep your dental appointments!



Your Child's First Dental Treatment

A visit to the dentist can be a positive experience. If your child needs a filling or other dental procedure, it is wise to plan ahead. Tell your child that this will be a little different from a routine cleaning, so he will know what to expect.

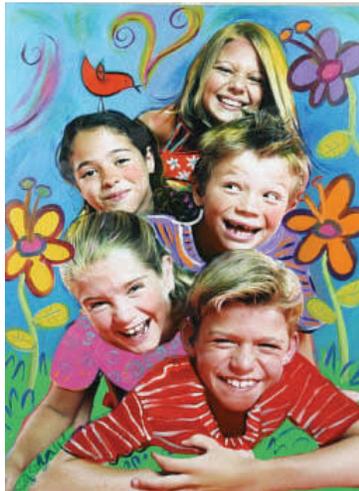
Let your child know how important it is to fix an unhealthy tooth before the problem worsens or becomes painful.

Don’t ask your child if he is nervous. Talk about the appointment in a positive, matter-of-fact way, as you would about any important new experience.

Assure your child that Dr. Huang knows what to do and will explain what’s going on as treatment moves along and different dental instruments are used.

Some treatments (like the application of sealants, for example) are painless. In other cases, explain that Dr. Huang will numb the gums if necessary, so the treatment does not cause discomfort.

Tell your child to sit as still as possible and keep his mouth open wide. Explain that he may have to do this for a long time.



Reassure your child that Dr. Huang will try to stop briefly if your child’s mouth needs a rest.

If you have particular concerns:

Discuss them ahead of time with Dr. Huang. If your child is particularly anxious, we may refer him to a pediatric dental specialist.

We allow parents in the treatment room during your child’s regular check-ups. However, we do find that the communication with young patients often is better if parents wait in the reception area. If this is going to present any problem for you or for your child, please discuss it at the time you make the appointment to determine the best strategy for your child.

Questions? Ask Dr. Huang today!

Sedation Dentistry

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Which patients are appropriate for Oral Conscious Sedation (OCS)?

- Patients with anxiety
- Patients who suffer from acute or chronic jaw soreness
- Patients who have a strong gag reflex
- Patients who complain that they can't get numb
- Patients with physical limitations such as back or neck problems

What post-operative effects can patients expect?

Our protocols require the patient to be dismissed to a responsible caregiver

who will drive them home. Once home, the patient will stay with their companion until all of the effects of the sedation have worn off.

Would the procedure take longer?

With proper sedation (a small amount of sedation medication), treatments can actually be completed in much less time.

What are some of the common side effects of these sedation medications?

Retrograde amnesia

See **Sedation Dentistry**, Page 4



Tips for a bright smile!

Floss

Combining flossing and brushing to thoroughly remove plaque each day will help prevent cavities and gum infection

Chew

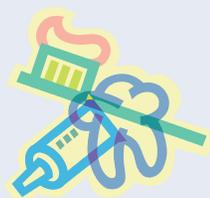
Chewing sugarless gum that contains xylitol can help reduce plaque and fight cavities

Brush

Use a toothbrush with soft bristles and brush for two to three minutes at least twice and replace your toothbrush when bristles show wear, or every three months

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Share a Smile

New Patients Are
Always
Welcome!



The finest compliment we can ever receive is a referral from our friends and patients.

Thank you.

We couldn't have grown without your support.

Enclosed please find some of our business cards. Pass them along to friends or family members who would like to receive the same professional, caring service you received!

Sedation Dentistry

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The patients have little or no recollection of the treatment. It is not uncommon for Dr. Huang to get calls from patients who are amazed that they don't remember the appointment. The front desk then says, "Have you looked in the mirror yet?" The patient excitedly realizes that they have a new smile and they have no memory of the treatment being performed at all! They are so happy because memories of dentistry are not something they savor.

Less post-operative soreness

Patients will no longer routinely require postoperative pain medications. They often recover sooner, and are less sore than they would have been without OCS. This is the anecdotal experience of hundreds of thousands of cases.

Dry mouth

During a sedation appointment the sedative will decrease salivary flow and allow the dentist to perform treatment in a dryer environment.

Hiccups

A small percentage of patients (3%) will experience a period of hiccups lasting no longer than 10 minutes. They are self-limiting.

How safe is OCS?

Historically, adult OCS has been one of the safest modalities in dentistry. One of the reason for that is Dr. Huang monitor patients' vital signs using a pulse oximeter/blood pressure monitor. This monitor is easy to use yet sophisticated enough to measure blood pressure every five minutes and continuously measure pulse rate and blood oxygen before, during and after a sedation procedure.

Is it hard to work on me when I am sedated?

Once you are sedated, you will be totally relaxed and comfortable, allowing Dr. Huang to do the best dentistry possible. You will be the easiest patients to treat. Dr. Huang can work on you more efficiently, which means a shorter appointment time for you.

What about drug interactions?

Sedation medications are chosen based on an individual's medical history and any possible drug interactions that may occur. Dr. Huang uses a sophisticated drug interaction software that automatically checks all the medications the patient is taking, even herbals and nutritional supplements, against a predetermined list of suggested sedative drugs. In addition, Dr. Huang will normally contact your primary care physician prior to doing sedation and discuss any possible ramification.

Will insurance pay for OCS?

Insurance companies do not pay for sedation. However, for many fearful patients, this is the only alternative to losing all their teeth.