

# stDental Times

February 15, 2011



## Think Spring

It's in the air!

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at the graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So *Spring into action!*

Call us to arrange your appointment!

Sincerely,  
Dr. Andrew Huang &  
Dr. Ann Lien

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

## Dental Sealants

### What are dental sealants?

Dental sealants are thin plastic coatings which are applied to the chewing surfaces of the molars (back teeth). Most tooth decay in children and teens occurs in these surfaces. Sealants cover the chewing surfaces to prevent decay.

### Which teeth are suitable for sealants?

Permanent molars are the most likely to benefit from sealant applications. First molars usually come into the mouth when a child is about 6 years of age. Second molars appear at about age 12. It is best if the sealant is applied soon after the molars have erupted, before the teeth have a chance to decay. For that reason, children between the ages of 5 and 15 benefit most from sealants. We also



encourage sealant application on people of all ages for prevention.

### How are sealants applied?

Applying sealants does not require drilling or removing tooth structure. It is an easy three-step process. A dentist or dental hygienist cleans the tooth with a special toothpaste. A special cleansing liquid, on a tiny piece of cotton, is rubbed gently on the tooth and is washed off. Finally, the sealant is painted on the tooth. It takes about a minute for the sealant to form a protective shield.

### Are sealants visible?

Upon close examination sealants can be seen. Sealants can be clear, white, or slightly tinted. Because they are used only on the back teeth, sealants can not be seen when a child talks or smiles.

Turn to *Dental Sealants*, pg 4

## Is Your Smile ... Spotted?

It was a great family photo. You were caught in the middle of a "full-on" laugh. Then you noticed the old, silver, amalgam fillings and realized that your entire dental history is on display! No need to be self-conscious any longer. There is a simple and attractive solution to the problem.

According to research, the demand for natural-looking white composite resin fillings has surpassed silver amalgam by a ratio of more than 3:1! These fillings are more natural looking than amalgam and have the added advantage of never discoloring surrounding or neighboring teeth as older amalgam fillings have been known to do.

Turn to *Spotted Smile*, pg 3



## The Flossing Questions

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid decay and gum disease. Only flossing can remove the biofilm and food particles that build up between the teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...



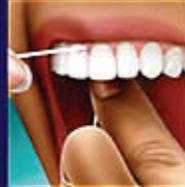
#### Proper Flossing Technique



Use about 18" of floss, leaving an inch or two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

First, wrap a 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!

## Office Update

### BEST DENTIST IN MORGAN HILL

Congratulations to Dr. Andrew Huang, Dr. Ann Lien, and the whole team at Santa Teresa Dental! Santa Teresa Dental was voted the "BEST DENTIST 2010" by readers of Morgan Hill Times. Dr. Andrew Huang would like to thank all those who voted. "It has been a great honor and privilege servicing our patients and getting to know every one of you personally," says Dr. Huang. "We have been blessed with a great staff and awesome patients. Rest assured that we will continue the highest level of commitment to excellent service."

### PHOTO WITH SANTA 2010

Santa Teresa Dental and Steve Noble realtor teamed up for holiday collections 2010. Steve Noble, a patient of Santa Teresa Dental donned the red suit, black boots and trademark white beard for "Pictures with Santa" on Sunday, Dec. 12. Scores of people came and we collected over 200 pounds of food donations and two large barrels of toys benefiting Second Harvest Food Bank and Marine Corps Reserve Toys for Tots. "These are tough times, so businesses as well as individuals, must work together to make sure the spirit of the holidays reached everyone, especially those in need," says Dr. Andrew Huang.

### OFFICE EXPANSION

The renovation of the office is complete. We have added two more operatories and a waiting area to relax before the appointment. The new waiting room has a modern fireplace, a comfortable couch, and a LED television. During treatment, patients can now choose between watching movies and listening to music.



## Spotted Smile

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Modern materials and processes ensure that they are durable, reliable, and predictable.

Because of these advantages and high consumer demand, we have recently restocked one of the finest composites available. This material can be so precisely color-matched to your teeth that it will be invisible to the casual observer.

Let's talk about concealing, once and for all, your "dental history" with composite fillings. It can usually be done in only one visit or two.

Call us about this impressive improvement. Be laugh-out-loud confident ... whether you are in front of, or behind, the camera!

Order Here!

**Great News! We have gift certificates available for the special occasion!**



### Gift Certificates Order Form

Description	Qty.	Price per each	Subtotal
Gift Certificate in any dollar amount	Your Choice		
Custom Tray Take Home Teeth Whitening		\$250	
Zoom! Power Teeth Whitening System		\$550	
Oral-B Electronic Toothbrush		\$105 after rebate	
Oral B Floss Action Brush Head		\$8	

Order total: \_\_\_\_\_

Tax: Zero

Free Shipping\* Zero

Total: \_\_\_\_\_

Method of Payment

- Check
- Visa / Master
- Discover
- American Express

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Credit Card # \_\_\_\_\_ Security Code \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

\*Stop by the office to purchase a gift certificate or pick up products today. Try our new online system through PayPal at [www.stDental.com/products](http://www.stDental.com/products)

## Photo with Santa 2010



Best of **Morgan Hill**  
2010 Times readers' poll



"Thank you for voting us **BEST DENTIST IN MORGAN HILL,**" says Dr. Andrew Huang. "Rest assured that we will continue the highest level of commitment to excellent service."

**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.*

**Santa Teresa**  
**DENTAL**

Family • Cosmetic • Sedation • Invisalign

### Office Information

**Andrew Huang, DMD**

**Ann Lien, DDS**

16160 Monterey Rd. Ste A  
 Morgan Hill, CA 95037

### **Office Hours**

Mon, Tue, Thu, Fri 9am - 5:30pm  
 Sat By Appt

### **Contact Information**

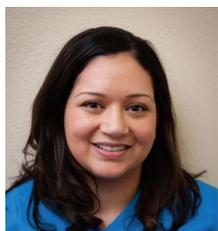
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### **Office Staff**



**Sarah H.**  
 Patient Coordinator



**Lily P.**  
 Patient Coordinator



**Luis M.**  
 Dental Assistant



**Luis G.**  
 Registered Dental Assistant

## **Dental Sealants**

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### **Will sealants make teeth feel different?**

Like anything new that is placed in the mouth, a child may feel the sealant with the tongue. Sealants, however, are very thin and only fill the pits and grooves on molar teeth.

### **How long will sealants last?**

One sealant application can last for as long as 5 to 10 years. Sealants should be checked regularly, and resealed if they are no longer in place.

### **Will sealants replace fluoride?**

No...fluorides, such as those used in community water, toothpaste, and mouth rinse also help to prevent decay. Fluoride works best on the smooth surfaces of teeth. The chewing surfaces on the back teeth, however, have tiny grooves where decay often begins. Sealants keep germs out of the grooves by covering them with a safe plastic coating. Sealants and fluorides work together to prevent tooth decay.

### **How do sealants fit into a preventative dentistry program?**

Sealants should be used as part of a child's total preventive dental care. A complete preventive dental program includes use of sealants, fluoride, plaque removal, careful food choices, and regular dental care.

### **Why is sealing a tooth better than waiting for decay and filling the cavity?**

Sealants help maintain sound, intact teeth. Decay destroys the structure of the tooth. Each time a tooth is filled or a filling is replaced, additional tooth structure is lost. Fillings last an average of 6 to 8 years before they need to be replaced. Appropriate use of sealants can save time, money, and the discomfort associated with dental treatment procedures.

## **Dental Checkup for your Child**

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.

Don't forget your child check-up appointment with Dr. Ann. Dental visits for children should start within 6 months of their first tooth eruption or by their first birthday. Parents will be shown proper way to brush and floss children's teeth, discuss fluoride supplement as well as nutrition, and most importantly, for the kids to feel comfortable with the dental setting.