

stDental Times

April 7, 2014



Our Quarterly Newsletter is back for 2014 offering you in house advice from our doctors, written by our own Dr. Andrew Huang and Dr. Ann Lien. We wish to increase your awareness of dental health and problems through stDental Times by choosing dental health topics that are interesting and helpful to you, our patients.

Dr. Andrew Huang provides a biweekly blog with additional topics and information on dental related issues. Check it out, www.stdental.com/news.

Whether you seek quick and accurate answers to dental questions or just wish to friend us, you can visit our Facebook page: www.facebook.com/SantaTeresaDental or Google+ page: plus.google.com/+stDental. Connect online with others, laugh at dental related jokes, or simply find answers.

In this quarterly newsletter we offer basic answers to important parental concerns by discussing when to book your child's dental appointment. We also explore bruxism and whether nightguards are helpful to this situation. Bruxism is grinding of the teeth, which can be a very serious dental problem causing you undue pain.

We hope you enjoy the topics, and we look forward to your visits with us, as always.

Sincerely,

Dr. Andrew Huang & Dr. Ann Lien

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

Best Time for Your Child's Appointment

We are often asked when is the best time for your child's operative procedure or appointment in general. Our answer is morning, of course! When they are more fresh and cooperative!

Many parents prefer that all appointments for their school-aged children be planned for the afternoon, so they don't miss valuable time in the classroom.



While it is admirable to place a high priority on education, it's often not the ideal decision in terms of getting the best dental care and results.

What is an operative procedure?

An operative procedure can be anything from fillings and extractions to crowns and root canals.

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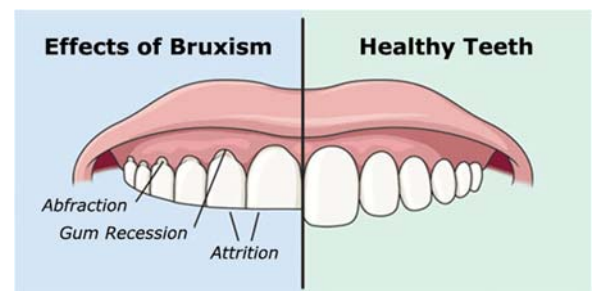
Nightguard for Bruxism

Bruxism is a habitual and involuntary grinding or clenching of your teeth during sleep. It can happen for several reasons including frustration, anger, tension or fear. Grinding or clenching or a combination of both is extremely common in America, studies show approximately 45% of sufferers report the issue to their dentists while half do not. Many who suffer from bruxism have a chronic habit.

Your dentist will see signs of bruxing when it becomes chronic because this habit wears down your teeth. Your spouse or other family members may actually hear a grinding sound when you sleep. Not seeking treatment for bruxism can cause permanent damage to your teeth.

Symptoms of Bruxism

You will know if you are grinding or clenching your teeth during sleep because you wake up with tender or sore jaws, earaches, neck pain, or morning headaches. These symptoms occur with moderate to severe bruxism. You may also notice your teeth are very sensitive and becoming more sensitive over time.

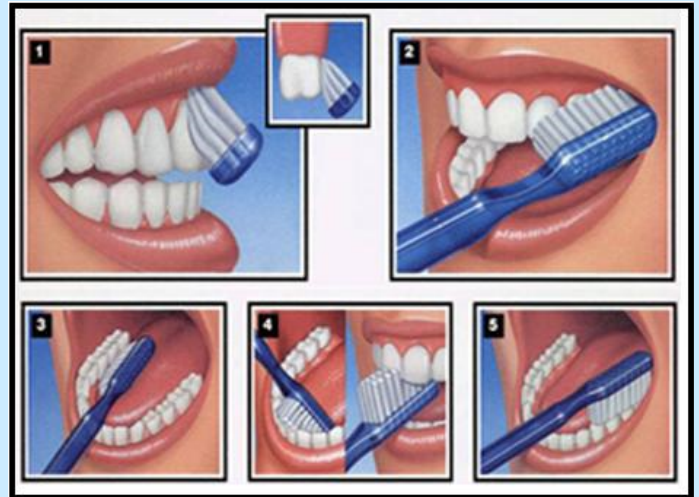


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Proper brushing technique

Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with a soft, nylon, rounded-ended bristle that will not scratch and irritate teeth or damage gums.

1. Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline.
2. Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back-and-forward rolling motion. A rolling motion is when the brush makes contact with the gumline and is moved downward toward the chewing surface. Then move the brush to the next group of two to three teeth and repeat.
3. Maintain a 45-degree angle with the bristles contacting the tooth surface and gumline. Gently brush using the back-and-forward rolling motion along all of the inner tooth surfaces.
4. Tilt the brush vertically behind the front teeth. Make several up-and-down strokes using the front half of the brush.
5. Place the brush against the biting surface of the teeth and use a gentle back-and-forth scrubbing motion. Brush the tongue and the roof of your mouth from back to front to remove odor-producing bacteria.



And of course, don't forget to maintain a regular brushing schedule for clean, healthy teeth!

Smile Show Case

Patient, Shari Sweeney, received a smile makeover. Porcelain veneers are utilized here to restore her dentition due to bruxism.



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Because these procedures require more time than a cleaning and examination, it's important to have a cooperative patient to help things go smoothly. As most parents know, children tend to be less restless when they're most rested. Therefore, a morning appointment after a good night's sleep is often the better time to have such a procedure performed.

Main Benefits of Morning Appointments

Many young children begin to get run down both physically and emotionally by the afternoon, making it a good time for a nap, but not a good time to sit still in a chair for a long period of time. Even kids who no longer take naps are more likely to be less cooperative after a long day at school.



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Nightguard for Bruxism

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Chipped teeth, sensitivity to cold or hot foods/beverages, and broken or loose fillings are other signs. Some who suffer from chronic grinding or clenching actually have no symptom at all.

Causes of Bruxism

Bruxism is a stress related dental health issue in many cases. It can also occur due to pain response in your body, misaligned teeth, or stimulants like caffeine or alcohol, which aggravate the condition you already have.

Treatment for Bruxism

For minor to moderate cases of bruxism a bite plate or nightguard is found useful. The hard tray is clear and removable. It is fitted to your upper or lower teeth to ensure there is hard acrylic between your teeth to stop the grinding.

A nightguard is found to be an effective method of solving the immediate damage that will occur if you continue grinding or clenching your teeth. However, it is not the complete answer.

Treatment also needs to involve a solution for lessening the occurrence of grinding or clenching. If stress related, you may wish to seek professional help, try meditation, yoga, or simply relaxing in another room for 10 to 30 minutes before you try to sleep. By lessening your stress, frustration, anger, or other tensing emotions you may find you stop clenching or grinding your teeth.

For severe cases due to misalignment, there is another treatment option. Bruxism can be treated with a combination of a nightguard and re-alignment of your teeth or jaw bones. Braces are one option to re-align your teeth for better comfort and bruxism correction. Speak with one of our staff or Dr. Andrew Huang directly to discuss your best treatment option.

Photos from our 8th Annual Charity Event Photo with Santa



Share a Smile New Patients Are Always Welcome!

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

Santa Teresa

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Office Information

Andrew Huang, DMD

Ann Lien, DDS

16160 Monterey Rd.
Morgan Hill, CA 95037

Office Hours

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

Contact Information

Phone: (408) 782-6568

Fax: (888) 503-6560

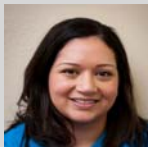
Email: info@stDental.com

Website: www.stDental.com

Office Staff



Becky Wallingford
Registered Dental Hygienist



Sarah H.
Treatment Coordinator



Teresa C.
Patient Coordinator



Luis M.
Dental Assistant



Brielle C.
Dental Assistant



Neyda M.
Dental Assistant

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It isn't all about sitting still either - there are other advantages to morning appointments. Mornings allow for follow ups during the same day should there be an issue such as eating before the anesthesia wears off. Common problems include biting the lip or inside of the cheek when the mouth is numb, which could create a sore or an issue with the operation site could occur. By booking a morning appointment you can come back if there is a concern instead of your child having to wait through the night in pain to see us again.

Numbness for anesthesia usually takes 1 to 2 hours to wear off, which can create a problem for eating a proper dinner. A hungry child going to bed is not going to sleep too well, but with morning appointments proper dinner and better sleep are a possibility.

More Receptive to Learning

Even though a morning appointment may require a child to miss some time in the classroom, it is important to remember that a trip to the dentist is a critical learning opportunity as well. Children who are not tired, in need of a nap, or anxious about their dental appointment, are more receptive to learning about dental hygiene and dental care. Rather than seeing a missed day of school as a loss of education consider that dental care and hygiene is a critical learning opportunity too.

Your children can learn new terminology, new care methods, and change their dental hygiene habits after a visit to the dentist. They will be more receptive to these new concepts and changes with a fresh mind, even becoming fascinated by the work being done on their teeth.

Additionally, children visiting the dentist for the first time or seeing a new dentist will most likely have a better experience in the morning. They will be more comfortable in a new and possibly strange environment when they are bright eyed and ready to face the day.

Missing a half day or full day of school? Your children will not mind, in fact they will be excited even if it means a visit to the dentist. It is a concern for parents that their children go to school each day without missing any coursework, but when it comes to your children's dental needs it might be best to consider missing morning classes or the full day to ensure proper treatment.

We know parents have busy lives too and it is not always possible to book appointments in the morning; however, if you do have the opportunity to make a morning appointment consider the above benefits.

