

stDental Times

September 21, 2020

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



We hope this finds you and your family in good health. Our community has been through a lot the past few months. We are grateful to the public health officers, first responders, essential workers and educators to lead, protect and inspire during this unprecedented time.

Patient safety has always been our top priority and even more so now. You can find out more about what we have done to ensure your and our safety at www.stdental.com/covid-19 and follow us on FB, twitter or Instagram.

We are especially proud of our tele-dentistry capacity. Patients send in photos securely, then have a phone or video consultation with the doctor. It has eliminated 20% of in-office visits. It allows us to have a preliminary diagnosis of your oral concern. We then allocate proper time for you and the provider. It reduces the number of your total visits. It reduces or even eliminates patient scheduling overlap completely.

Patients can further reduce the time in office by electing speedy check-in and remote check-out.

We hope patients are well adjusted to #newnormal. Let's learn about new advances in dentistry!

Sincerely, Dr. Huang & Dr. Ann

Digital Dentistry

Digital dentistry refers to the use of dental technologies or devices that incorporates digital or computer-controlled components to carry out dental procedures rather than using mechanical or electrical tools. The use of digital dentistry can make carrying out dental procedures more efficient than using mechanical tools, both for restorative as diagnostic purposes. Used as a way to facilitate dental treatments and propose new ways to meet rising patient demands.

Some of the technologies used in digital dentistry include:

- Digital intraoral scanner
- CAD/CAM = computer aided design/computer aided manufacturing
- 3D printing
- Computer-aided implant dentistry which includes digital surgical guide
- Digital radiography such as digital x-ray and cone beam computed tomography (CBCT)
- Digital Photography
- Intra-oral camera
- Practice and patient record management software – including digital patient education
- Shade and color matching
- Cavities detection aid
- Dental laser
- Dental loupe



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Silver Diamine Fluoride (SDF)

Maybe you have heard about this dental service and wonder if it is right for you or your children. To learn more, keep reading!

What is SDF?

Silver diamine fluoride (SDF) has been used extensively outside the United States for many years for caries control. SDF is a colorless liquid containing silver particles and 38% (44,800 ppm) fluoride ion that at pH 10 is 25% silver, 8% ammonia, 5% fluoride, and 62% water. This is referred to as 38% SDF. Silver diamine fluoride (SDF) is a topical medication used to slow down or stop dental decay in both primary and permanent teeth. SDF is a colorless liquid that contains both silver and fluoride.

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SDF

Silver's antibacterial properties are well known, as is fluoride's ability to remineralize damaged tooth enamel. Together, these two products can be used to stop the progression of tooth decay and stabilize the tooth until such time that the dentist determines further dental treatment is needed.

When applied to a tooth with a cavity, SDF hardens the softened tooth structure, turning the damaged portion of the tooth black in color. Further, through a halo effect of silver's antibacterial properties, adjacent teeth may receive some anti-cavity protection. Best practices for the use of SDF are under study, and although success rates are high, they are not 100%. Regular follow up is important, not only to determine if SDF retreatment is needed, but also to assess if additional or alternative dental treatment is required.

When is SDF used?

SDF is a conservative approach to managing dental decay and can be used on teeth where there is no pain or discomfort. It is particularly useful for providing dental care to individuals who present challenges to receiving traditional treatment because of their age, behavioral issues, or medical conditions. As with all dental conditions, the decision as to the best treatment approach and the risks, benefits, and alternatives of all options is made in consultation with Dr. Huang or Dr. Ann.

Are there side effects with SDF?

SDF is a very safe product and adverse effects are rare. However, it leaves a black stain wherever it touches, so tissues in the mouth may be stained during the application of SDF. Additionally, it may cause irritation if it touches fragile oral tissues. Both of these effects are temporary.

If you think you or a family member may have dental decay and think SDF may be an option for you, talk to Dr. Huang or Dr. Ann to learn more!

Smile Show Case

We were able to restore patient, Josh U.'s smile after trauma. He had extractions, bone graft, orthodontia, implant, composite bonding, and a veneer to restore his smile.



Digital Dentistry

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Our patients may be very familiar with dental technologies such as an intra-oral camera, digital x-rays, digital patient records, digital cavities detection aid, dental laser and others that Dr. Andrew Huang, Dr. Ann and our hygienists use daily. Today, we will focus on our digital intraoral scanner, and the CAD/CAM (computer aided design/computer aided manufacturing) restoration fabrication process.

What is a digital impression?

A digital impression is a virtual, computer-generated replica of the hard and soft tissues in the mouth using lasers and other optical scanning devices. A digital scanner captures clear and highly accurate impression data in mere minutes, without the need for traditional impression materials that some patients find inconvenient and messy.

Many patients find digital impressions an easier and more comfortable procedure because traditional impression materials are avoided. The impression information then is transferred to a computer and used to create restorations, without the need for stone models.



What are the benefits of digital impressions?

Digital optical impressions significantly increase efficiency, productivity and accuracy, and make it possible for Dr. Huang to digitally submit via secure web portal the virtual impression to the laboratory, rather than send a traditional impression or stone model via regular mail.

Other benefits of digital impressions include:

- Improved image/impression quality for better-fitting restorations
- Less time in the dentist's chair.
- No need for distasteful impression materials that cause some patients to gag.
- More comfortable, less anxious experience for patients.
- Reduced possibility of impression-taking errors and elimination of material inaccuracies for fewer restoration mistakes.

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Cheesy Pasta Shells

- 1 (16 oz) package of jumbo shells
- 4 cups large-curd cottage cheese
- 12 oz mozzarella cheese, shredded
- $\frac{3}{4}$ cup Parmesan cheese, grated
- 2 eggs, lightly beaten
- 1 pinch garlic powder
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 bag baby spinach 1 (26 oz) jar spaghetti sauce

- Cook shells until al dente. Place in cold water to stop cooking. Drain.
- Mix cottage & mozzarella cheeses, $\frac{1}{2}$ cup Parmesan, eggs, garlic powder & herbs.
- Stuff shells with cheese mixture.
- Spread $\frac{1}{3}$ of spaghetti sauce in the bottom of a 15 x 10" pan. Place shells open-side-up. Spread remaining sauce over top & sprinkle with $\frac{1}{4}$ cup Parmesan.
- Bake at 350°F for 25-35 minutes.

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

DENTAL

Family • Cosmetic • Sedation • Invisalign

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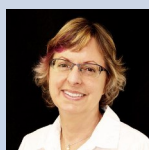
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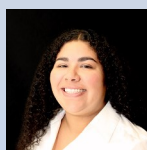
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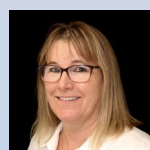
Office Staff



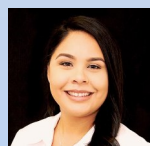
Becky W.
Registered
Dental Hygienist



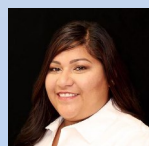
Annalisa O.
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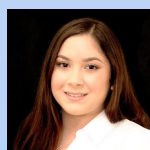
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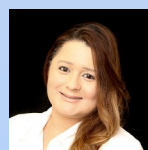
Neyda
Care Coordinator



Celina
Receptionist



Blanca
Dental
Assistant



Mercedes
Dental
Assistant

Digital Dentistry

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- Patients are better informed about the treatment process because they can see their impressions on-screen chairside.
- The scan of the teeth or arch being restored, as well as the opposing teeth and bite, can be completed in just three to five minutes.
- The digital impression can be stored electronically indefinitely, which saves space, contributes to efficient recordkeeping, and supports a paper-free environment.

Green dentistry and eco-friendly aspects include eliminating the need for disposable plastic trays and impression materials, which otherwise would be polluting landfill space; digital data is eliminated with the "delete" button.

What is involved in the digital impression procedure?

With a digital impression system, Dr. Huang or the assistant captures an image of a tooth/teeth preparation or a whole arch. A 3-D image of your teeth and gum appears on a computer screen. The digital impression typically is captured using an intraoral wand that is inserted into the patient's mouth and moved over the surface area of the tooth or teeth. Most digital impression systems use a chairside monitor to display the impression image as it is captured.

As Dr. Andrew Huang reviews the electronic real-time image, he can enlarge and manipulate it for enhanced detail to ensure that any possible mistakes are identified and corrected onscreen before sending the digital impression electronically to our dental laboratory. The digital scan file is then submitted to the dental laboratory via an encrypted web portal.

What happens at a dental laboratory then?

Once the dental laboratory receives the digital scan file, our uniquely trained ceramist uses specialized computer software to create the ideal dimensions of the restoration that you need. The fine-tuned virtual restoration and its digital data get sent to a 'milling' machine for a 3D printer. In a milling machine, a restoration is carved out from a ceramic block. In a 3D printer, appliances are printed with FDA-approved medical grade material.

Innovative development in technology is changing the world of dentistry today! Digital dentistry is no longer a thing of the future, it is happening right now. Santa Teresa Dental is committed in utilizing the latest in dental technology to best serve all our patients.

As you can see, no more yucky impressions for you, no more guesswork for the lab. Everything is precisely planned from start to finish. Daily, we use digital scanner and CAD/CAM technologies for retainers, occlusal guards, sport guards, traditional crowns and bridges, implant crowns and bridges, veneers, inlays, onlays, and surgical guides. The possibility is endless! Ask about a tour at your next visit with us.