

Fall 2018

Visit us online at www.SmileDental.ky



"Smile Dental Clinic Grand Cayman"

Our Practice Hours

Monday 8:30 am – 5:30 pm
 Tuesday 9:30 am – 6:30 pm
 Wednesday 9:30 am – 6:30 pm
 Thursday 7:30 am – 4:30 pm
 Friday 7:30 am – 4:30 pm
 Saturday 8:30 am – 4:30 pm
 Sunday Closed



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What is premedication? And why do I need it?

We all have bacteria in our mouths. Several dental treatments and daily routines like chewing, brushing or flossing allow bacteria to enter the bloodstream. For most individuals, this isn't a concern. A healthy immune system prevents bacteria from causing any harm. For some, the bacteria can cause an infection elsewhere in the body. At times, physicians and dentists recommend that a patient take antibiotics before certain dental procedures. This is called an "antibiotic prophylaxis" or a "pre-med".

Antibiotic prophylaxis is recommended for persons who have specific heart conditions, artificial joints and compromised immune systems. If you are undergoing any major medical events such as heart surgery, joint replacement or treatment for cancer, it is strongly advised you receive written instructions from your healthcare provider as to what they recommend for dental treatments. In addition, cosmetic work that augments the natural structure of the body may also need a pre-med. Most doctors will let you know when they give their post-operative instructions.

If you have any concerns or questions, we are more than willing to help you determine if you should contact your health care provider for confirmation.

Hello! From all of us at Smile Dental, we hope everyone had an enjoyable summer, and wish all the best for the remainder of 2018!

Unhealthy gums can cause bad breath

Everyone experiences stinky breath, however brushing and flossing — including brushing your tongue or using a tongue scraper — should nip bad breath in the bud. What about when it doesn't? This could be a sign of advanced gum disease, so it's important to talk to your dentist or dental hygienist before this oral condition ruins perfectly healthy teeth.

Most of the time, the biggest bad-breath culprit is diet. Onions, garlic, and pungent spices will produce mouth odor for hours after consumption. In addition, people who have uncontrolled diabetes, eat a high-protein diet, or suffer from alcoholism tend to have breath with a sweet or fruity odor. This occurs due to a serious metabolic condition called ketoacidosis.

More than 700 different species of bacteria and some species of fungi live in the mouth. Many of these microorganisms play an important role in helping to maintain wellness, including immune response, nutrient digestion, and possible cancer prevention. According to new research, excessive consumption of alcohol can throw off the balance of good and bad bacteria in the mouth and raise your risk for a variety of diseases. The study defined heavy drinkers as women and men who had more than one or two drinks per day, respectively.

If you frequently have a sour taste in your mouth — which is often mistaken for bad breath — it could be a sign of GERD. Gastroesophageal reflux disease (GERD), a condition which acid from the stomach comes up the esophagus, can cause heartburn, is one of the most common sources of acid in the mouth, and can be accompanied by a sore throat, chest pain, and a hoarse voice. GERD may not only cause enamel erosion, it can lead to other health issues such as a chronic cough, esophageal ulcer, and inflammation of the esophagus. If you suspect you have GERD, get tested and treated as needed.

BREAKING NEWS - TOOTH FAIRY PAYMENTS CONTINUE TO RISE!

We've questioned many parents and children and of course, the Tooth Fairy. A comparison of payouts done by the Tooth Fairy has shown a steady increase, not adjusting for inflation. According to The Fairy, the amounts paid out per tooth vary not by year, but rather generation.



Births Start	Births End	Avg. \$ Per Tooth
1946	1964	\$0.69
1965	1979	\$1.39
1980	1994	\$2.13
1995	2012	\$3.25
2013	today	\$5.77

When The Fairy was asked the reasons for such an increase, we were led to believe that more and more children are understanding the importance of keeping their teeth healthy and cavity free, thus allowing for higher pay-outs. The Fairy also mentioned cleaner teeth get a higher pay.

We would like to extend warm congratulations to all our patients for doing such a good job, and we can't wait to help them get more money from the Tooth Fairy!

Dental Erosion - The Sour Truth



Erosion on occlusal surface of posterior teeth

Besides worrying about refined sugars in your diet did you know eating and drinking excessive amounts of acidic foods and drinks can damage your teeth?

Dental erosion is the loss of tooth enamel caused by acid attack. Enamel is the hard, outer layer of the tooth which protects the sensitive dentine underneath. When the enamel is worn away, the dentine underneath is exposed which can lead to pain and sensitivity.

As tooth enamel is exposed to acids, it temporarily softens and loses some of its mineral content. Saliva will help neutralize acidity, restore the mouth's natural balance and slowly harden the tooth enamel. However, because the tooth's recovery process is slow, if the acid attack happens frequently, the tooth enamel does not have the chance to repair.

The best way to reduce the risk of dental erosion is to limit the amount of acidic food and drink you consume. The main culprits are sodas, fruit juice, dried fruits, sports drinks, sour lollies, and snacking on too much fruit. You should limit these to only at mealtimes and drink water afterwards to dilute the acid. It is advisable to wait an hour after having acidic food and drinks before you brush your teeth as you could brush away some of the softened enamel.

Another source of acid is from your stomach if you suffer from reflux. If you regularly suffer from heartburn you should talk to your doctor about ways to help with this. – *Regular dental checkups will help to identify tooth erosion early before damage is done to the tooth structure. Your dentist or dental hygienist would be happy to recommend strategies and/or products that may help to remineralize the enamel.*

Missing or Lost teeth? See an orthodontist first!

Dr. Pourang Rahimi, Island Smile Orthodontics

Many people are faced with the challenge of a missing or lost tooth. Whether a tooth was removed, or missing from birth, the challenge remains the same: the gap it creates needs to be filled. There are two reasons for this: firstly, to re-establish proper chewing function; secondly, to avoid movement of adjacent and opposing teeth. Therefore, a gap in your back teeth can gradually create tooth movement and space between your front teeth.

Now that we have established the need to replace the missing tooth, what are your options? In brief, an implant. An implant is a metal root placed in the bone, with a porcelain crown placed on the implant.

Is an implant the best option? Sometimes it is; however, other options may be closing the space or spaces with orthodontia (braces or Invisalign). Implants cannot be moved. Once they are inserted, implants cannot be moved. They attach to bone and can only be removed through a surgical procedure. It is advised that before having an implant placed, you should always consider consulting an orthodontist. We will examine your overall bite and propose a plan which will not only take care of the missing space, but also ensure the rest of the teeth are in the best possible alignment.

Appointments & Confirmations

At Smile Dental Clinic we use a state-of-the-art online system to make it easy for you to confirm your appointment at a time that's convenient for you. Our email feature lets you confirm appointments from your desktop or phone; simply click the confirm button once the email reminder comes thru and it automatically confirms your appointment for you. We also have other ways of confirming your appointment - direct email, phone call, and/or text.

We can send you reminders so that you don't have to worry about remembering - WE do it for you!

While we know that schedules are busy, and time is precious, we do kindly ask that patients value their appointment time. Please give us 2 business days' notice when rescheduling. We do understand that emergencies arise; however, it is inconsiderate to other patients when time that is reserved exclusively for you is wasted. Your attention to this is greatly appreciated.

ZOOM SPECIALS FOR FALL 2018



Our biannual Zoom special is back, along with 2 amazing offers, so all your friends and family can take part!

• **\$199 offer** - Our bi-annual Zoom special is scheduled for October 2018 this year. As always, we recommend a cleaning and check-up prior to the Zoom whitening. Book your appointment in September to see one of our lovely hygienists to fast track yourself and take advantage of this offer!

The price includes the initial consultation, Zoom! tooth whitening, custom whitening trays and one syringe of touch-up gel.

• **New Patient Zoom Offer** - for a limited time, all new patients who book their Comprehensive Examination and Cleaning in September or October will be eligible to have our Zoom Whitening for only \$99**

* terms & conditions apply, please call 345-949-7303 for more information or email us at info@smiledental.ky

How can thumb sucking affect your teeth?

Thumb sucking may cause problems with the proper growth of the mouth, alignment of the teeth as well as changes to the roof of the mouth. When teeth become misaligned, they may also protrude, (overjet), create an open bite, (where the front teeth do not come together), an overbite and crossbite, (where the posterior teeth do not come together properly). Changes in teeth alignment from thumb sucking can occur based on the intensity, duration and frequency of the habit. Once any of these implications has occurred, braces/orthodontics are required to correct it.

To prevent these dental implications, it is important that parents and caregivers do the best they can to stop their child from sucking on fingers and thumbs as soon as possible. After two years of age, it is more of a habit than a reflex. We encourage our patients to try and stop all sucking behaviors around two to three years of age.

One effective dental treatment to prevent thumb sucking is a type of stainless steel oral appliance called a palatal bar or crib. These appliances are inserted into your child's mouth to prevent sucking. The crib blocks access to the gums behind the teeth and the roof of the mouth, eventually breaking the habit. The appliance is then removed and normal growth should resume.