

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



Dr. Bob Kostich • Dr. Hamish Cairtness • Dr. Bert Thacker

Spring 2019

Visit us online at
www.SmileDental.ky



"Smile Dental Clinic Grand Cayman"

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What causes Bad Breath??

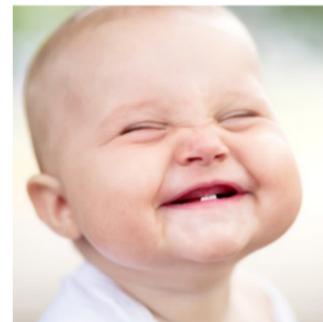


One of the most frequently asked questions we encounter as dental healthcare professionals is "What causes bad breath?". Bad breath, otherwise clinically known as halitosis, may occur for many reasons. Some of the common reasons are:

- Infrequent or inadequate removal of food particles from the teeth, gums, and tongue. Food particles that remain in the mouth can attract bacteria which can produce a foul odor, tooth decay and gum disease, all of which can result in bad breath. That is why it is very important to brush our teeth and gums twice a day for two minutes, as well as floss our teeth once a day. The use of a tongue scraper to remove food particles and bacteria from the tongue may also be beneficial. A non-alcohol based mouth rinse is a great addition to your oral healthcare routine but should not be used instead of brushing and flossing as it may only mask the root cause of the problem.
- Medical Conditions and Medications. There are a variety of medical conditions that can affect the way your breath smells, such as diabetes, acid reflux, or even sinus issues. If you have recently had a healthy dental hygiene appointment, it may be a good idea to follow up with your physician if your halitosis persists. Also, there are prescription medications that cause dry mouth, also known as Xerostomia. Saliva is the mouth's natural cleanser; if you are producing less saliva, food particles are more likely to stick to your teeth and gums causing bad breath. HYDRATION IS KEY.
- Smoking/Tobacco Products. Smoking in and of itself can cause an unpleasant odor in the mouth. People that smoke have a higher incidence of gum disease, which can cause bad breath.

If you have any additional concerns regarding the health of your mouth contact your dental healthcare professional for a thorough evaluation.

Hello! From all of us at Smile Dental, we hope everyone is having an amazing start to 2019.



Your child's first dental visit

Coming to the dentist for the first time can be particularly daunting for many children; however, it does not have to be! Here at Smile Dental we pride ourselves on our ability to ensure children have a welcoming and knowledgeable experience. Typically, we start seeing children around age 3; however, we are able to see children younger if concerns arise. We even have a children's program where your child will receive a piggy bank at their first visit, collect tokens during their appointment, and then trade in for toys which are displayed at our front desk. The first dental visit is usually short and involves very little treatment. This visit gives your child an opportunity to meet the dentist in a non-threatening and friendly environment. Some dentists may ask the parent to sit in the dental chair and hold their child during the exam, depending on age and cooperation. During the exam, the dentist will check all of your child's existing teeth for decay, examine your child's bite, and look for any potential problems with the gums, jaw, and oral tissues. If indicated, the hygienist will clean any teeth and assess the need for fluoride. He or she will also educate parents about oral health care basics for children, discuss dental developmental issues and answer any questions.

Updating our Crowns and Bridges



At Smile Dental, our crowns are made of Zirconia, which is a high-performance non-metallic ceramic. Due to its highly thermal resistant property and 100% biocompatibility, Zirconia is used as a highly restorative material in medicine (often found in hearing aids, finger and hip prosthetics) and in dentistry (crowns, bridges and prosthetic structures in general). Zirconia has a light basic color, which gives it the ability to be glazed to achieve a high-quality and aesthetically pleasing dental & implant structures.

WHAT TO DO IF YOUR CHILD HAS AN INJURY TO THEIR TEETH

Accidents happen, especially with little ones. There is always a chance they could fall or have a knock to their teeth. It is good to know what you should do just in case it happens. In some cases it is an emergency and they will need to have treatment as soon as possible.

If a baby tooth was hit, this is usually not an emergency, unless it looks like the tooth was pushed into the gums. The following steps will help in managing the injury, until you can arrange a dental appointment.

1. If there is bleeding, apply pressure to the area with a piece of cool, wet gauze (you can use a handkerchief or similar). If your child can tolerate it, ask him or her to bite down on the gauze.
2. Use an ice pop to suck on to reduce swelling, or hold an ice-pack in a washcloth to the cheek.
3. Give acetaminophen or ibuprofen as needed for pain.
4. Watch for swelling or a pimple on the gums, prolonged pain, fever, or a change in the color of the tooth.

If it is an adult tooth that was injured:

1. A tooth that has no chips, has not moved or doesn't feel loose can follow the same instructions as above for a baby tooth, but it is important to arrange an appointment with the dentist to have it checked (the root or nerves may have been injured).
2. If the tooth is chipped or broken, collect all pieces of the tooth, rinse the mouth with warm water, and call the dentist to schedule a visit.
3. If the tooth has moved or feels loose, call the dentist right away to schedule a visit. Only eat soft foods until you can be seen to.
4. If the tooth is knocked out - this is an emergency and you need to act quickly. Find the tooth, call the dentist right away, or go to the emergency room. The tooth must be reinserted within an hour.
 - Hold the tooth by the crown— don't touch the root.
 - If the tooth is dirty, rinse it briefly under cold running water (10 seconds). Try placing the tooth back in the socket without touching the root. Bite down on gauze to help keep it in place.
 - If you are not able to reinsert the tooth, place the tooth in a saline solution, a container of milk or saliva. You also can place the tooth between your lower lip and gum. Don't store it in tap water. See the dentist as soon as possible. Bite down on a gauze pad or handkerchief to relieve bleeding and pain.

In all cases of an injury, whether baby tooth or adult tooth, if there is damage to the lip or face, or a knock to the head you should go to an emergency room for assessment. Think Prevention! Make sure to wear mouth guards and protective gear for contact sports and helmets while biking, skateboarding, and inline skating. Childproof your house to prevent falls.



Why hard toothbrushes aren't always the best

Some toothbrushes have hard bristles - almost as hard as those used to clean dishes. The belief years ago were that firm bristles clean better. Hard toothbrushes can be damaging the gums if you use too much force while you are brushing. You also run the risk of excessive wear on your teeth, especially near the gum line where the enamel is the thinnest. People who use a firm (either a hard or medium) brush invariably suffer from grooving of their teeth just around the gum line. It also causes gum recession (where the teeth start to appear longer). The end result of this grooving and recession is to at least make the tooth sensitive to cold, hot or sweet. In more severe cases, the tooth also runs a higher chance of suffering nerve damage if the grooving reaches the pulp. You don't need a firm toothbrush to give your teeth a good clean; a correct brushing technique and a proper toothbrush is far more important.



ZOOM SPECIALS FOR SPRING 2019

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 April this year. As always, we recommend a cleaning and check-up prior to the Zoom whitening. Book your appointment in March 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 March or April 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