News From the Office of:

Dr. Joseph A. DeLapa

It’s spring, which means it’s time for spring cleaning – starting with your smile!

Remember that in addition to a professional teeth cleaning, dental visits include:

- A review of your medical history, and any possible effects on your dental health.
- An oral cancer examination.
- An examination of your teeth and gums.
- A check of your biting, chewing and grinding patterns.
- Stain removal, removal of plaque and tartar, and teeth polishing.
- Discussions on any concerns or questions you may have on general oral care or possible cosmetic enhancements.

Welcome the brighter weather with a radiant, healthy smile. Take advantage of our first ever “Spring Whitening Sale!” Receive 25% off our regular fee. (see last page for details.) If you don’t already have your next dental visit scheduled, please call today.

We look forward to seeing you soon!

Joseph A. DeLapa, D.D.S.

YOUR ONE-STOP SMILE SHOP

A beautiful smile is an ice-melter, a door opener, an invitation for a special relationship, or even a new job! What’s holding you back from having the perfect smile – the smile that could change your life?

According to a survey conducted by the American Academy of Cosmetic Dentistry and completed by cosmetic dentists, the following are the most common problems mentioned by patients seeking cosmetic dental improvements:

- Chipped teeth
- Discolored teeth
- Uneven teeth
- Missing teeth
- Gaps between teeth

Believe it or not, these smile-stoppers often have simple solutions – solutions that can be achieved right here in our office – usually faster and easier than you could ever imagine!

Speaking of imagining, you may have admired the “perfect” smiles of your favorite celebrities, and tried to picture how much of a difference cosmetic dentistry would make in your own appearance. Well here’s a secret – a lot of those stars probably got to preview their new smiles through “before and after” photo simulations before they decided which procedures would work best. We’re thrilled to announce that you can now have this star treatment too!

For just $60, we will help you see the difference our cosmetic dentistry services could make in your smile, by creating a photo simulation of you with your ideal smile, for you to take home, review and discuss with your friends and family. This photo simulation is the same technique that celebrities undertake before deciding which cosmetic dental procedures to move forward with to create those beautiful smiles we see in close-ups. Why try and imagine how a perfect smile could change your overall appearance when you can actually see the results ahead of time?

Whether you’re looking for teeth that are whiter, straighter, bigger or brighter, chances are we can create a beautiful new smile for you, right here in this office. Please call today to find out how!
**TOOTH TIPS!**

Below are a few frequently asked dental-related queries. Are you wondering about a dental issue not covered below? Please call us with your questions – we’d be happy to answer them for you!

**Q:** I’m missing a tooth. It’s in the back though, so nobody can see it. That’s not a big deal, right?

**A:** Each tooth in your mouth is there for a purpose. It’s important to replace any missing tooth – even if it’s in the back – because the gap due to a missing tooth allows surrounding teeth to drift out of position, shift, or tip into the empty space and change your bite. This could lead to jaw pain, cavities, gum disease and additional tooth loss.

Please talk to us about replacements for any missing teeth. Early intervention will help you avoid more extensive – and expensive! – dentistry in the future.

**Q:** As I get older, I find I’m getting “long in the tooth”. What other dental issues can I expect as I age?

**A:** First of all, while the old adage leads us to believe that our teeth get longer as we age, the illusion is actually the result of receding gums, which are commonly caused either by overbrushing, or by gum disease.

One of the first warning signs of gum disease is swollen or bleeding gums. If you notice any changes in your gums, please be sure to call us for an appointment. We will assess the condition of your teeth and gums and work with you to halt and prevent any damage.

Another change you may notice as you age is that your teeth – either because of naturally-thinning enamel as the years go on, or as a reaction to years of exposure to coffee, tea, colas and staining foods – are not as white as they were when you were younger. Professional tooth whitening is one of the easiest, most effective ways to create a younger look – sometimes in just one dental visit!

**Q:** I just found out I’m pregnant! I guess I should avoid the dental office until after the baby arrives, right?

**A:** Congratulations! This is certainly the time to take extra-good care of yourself, and that includes keeping up with – NOT reducing – your dental visits.

Please make us aware of your situation before we start your appointment, in case we need to alter your treatment or X-ray schedule. Know that pregnant women have a risk of increased inflammation of the gums because of a surge in estrogen and progesterone, and as such, rigid attention to dental hygiene and regular cleanings at the dentist are a must in order to keep teeth and gums clean, and to prevent plaque from forming. If plaque isn’t removed, it may lead to gingivitis and subsequently to more serious periodontal diseases, which have been linked to pre-term and low-weight babies.

As your dental professionals, we’re here to help you and your family through each dental situation and life stage. Regular visits and open communication about any changes in your life will allow us to monitor your oral health and keep you smiling!
Saliva keeps your teeth bathed in a mineral-rich solution that helps wash away foods, sugars and acids, to keep your teeth more resistant to decay. While saliva makes it easier to talk, swallow, taste and digest food, a lack of saliva could lead to a condition known as dry mouth, identified in some cases by sores or split skin at the corners of the mouth, bad breath, difficulty speaking and swallowing, a burning or tingling sensation on the tongue, an altered sense of taste, and increased plaque, tooth decay and gum disease. In fact, dry mouth can lead to extensive tooth decay, mouth sores and oral infections, particularly among the elderly.

Periodontology, over 500 medications can contribute to oral dryness, including antihistamines (for allergies or asthma), antihypertensive medications (for blood pressure), decongestants, pain medications, diuretics and antidepressants.

Dry-mouth sufferers need to be aware that it’s especially vital for them to come in for a dental examination and cleaning at least every six months. Please keep us aware of the medications you are on and how to work around their side effects.
While some people make a conscious effort to create their perfect smile through a comprehensive, complete smile makeover, many patients will take care of one dental procedure at a time, as individual requirements arise. The consequences? After a few years, your teeth may not match each other. Is it time to update your smile with a fresh, consistent transformation?

Many of us are victims of “patchwork” dentistry – a crown here, a veneer there, a few metal fillings mixed in with white replacement fillings, a front tooth restoration that doesn’t match the adjacent teeth, and other one-time dental repairs done at various times over the years.

Creating a more consistent look for you may be easier than you think. In many cases, a younger, more attractive smile can be simply achieved by replacing the metal in your mouth with strong, quick-curing composite resins, tooth-colored porcelain and/or ceramic materials.

Natural-looking composite materials have replaced amalgam as the tooth filling of choice for today’s dental patients. Patients are recognizing the many advantages of the strong, tooth-colored material, and are requesting that all new and replacement fillings be “white”.

Looking for a way to brighten your smile? Please call us to arrange a comprehensive examination of your dental needs, and an explanation of all the new options that modern dentistry can provide.

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Office Team:
Christine • Office Manager/Dental Assistant
Maureen • Office Administrator
Sophie • Registered Dental Hygienist
Elisa • Office Administrator

Our Services Include:
• General Dentistry • Cosmetic Dentistry
• Emergency Dental Care • Oral Surgery
• Bad Breath Advice & Treatment
• Tooth Whitening • Denture Fittings
• Dental Implants • Bonding & Veneers
• Crowns & Bridges • Invisalign® Orthodontics
• BOTOX® Cosmetic • Juvéderm® Injectable Gel

Spring Whitening Sale!

Get a whiter, brighter smile with full-mouth whitening (bleaching) for only $450!


BEWARE OF THE BLING!

If you, or someone you know, is considering a lip ring or tongue piercing, we suggest you learn the “hole” truth about oral piercing before taking the plunge.

One of the most important differences between a piercing in the mouth, in comparison to other body parts, is that the mouth contains millions of bacteria, so the risk of infection is much higher.

Tongue jewelry can not only get in the way of talking and eating, but can also damage the teeth, sometimes leading to chips or fractures, and in some cases even the need for a tooth extraction or root canal. This type of jewelry can also contribute to gum recession, which can result in loose teeth and eventual tooth loss.

Already have chipped or cracked teeth, or damaged crowns or fillings from existing tongue jewelry? Or perhaps you have damaged teeth from an accident or sports injury? Please allow us to assess and correct the damage, and create a healthy, attractive smile for you.