



# Dental Health News®

*Compliments of Joseph A. DeLapa, D.D.S.*

## News From the Office of:



**Dr. Joseph A. DeLapa**

Welcome to our first newsletter of 2014!

One important resolution you may be making for the new year is to live a healthier lifestyle; another may be to save more money this year. Well guess what – if you have dental insurance benefits, you can most likely do both!

Take a few minutes now to review what your dental insurance plan covers, and to schedule your first checkup for the year. If you have dental benefits, make sure you take advantage of this year's allowance to help improve your dental health – a win-win situation for your health AND your budget that's guaranteed to put a smile on your face!

When you schedule your next dental visit, ask us about teeth whitening too. There's no better pick-me-up during the dark days of winter than a whiter, brighter, and sunnier smile.

All the best to you and your loved ones for a happy and healthy 2014!

*Joseph A. DeLapa, D.D.S.*

Dr. Joseph A. DeLapa

## WHAT ARE YOU DOING FOR LUNCH?



**Perfecting the look of your smile is now as simple as running an errand at lunchtime. In just one hour, you could be enjoying a whole new smile! Here are just some of the smile improvements you might want to consider for your next lunch break.**

**Teeth Whitening:** While there are a host of teeth whitening options to choose from these days, you can't beat the speed, safety and effectiveness of an in-office whitening procedure. Whichever method you choose, make sure you check with us first to ensure that your teeth and gums are healthy enough for the process, and that the type of whitening involved is the most effective one for your type of tooth discoloration.

**Enamel Shaping:** Teeth that are slightly uneven or that have an irregular edge on the biting surface can be easily evened out and smoothened with a quick, painless process known as enamel shaping. It may be done as a stand-alone procedure, or combined with whitening or bonding as

necessary to add an immediate enhancement to your smile.

**Dental Bonding:** This is one of the easiest and least expensive methods of repairing a host of dental imperfections, from chips or cracks in tooth enamel, to closing gaps between teeth or even slightly changing the shape of a tooth. This type of tooth-colored resin can also be used as a cosmetic alternative to metal fillings.

Modern dentistry has many smile solutions that can be accomplished in less time, at lower costs and with more ease than you might imagine. Let's talk about your ideal smile, and then we'll determine the time, cost and procedures involved to create it for you.

Call us today – let's do lunch!

COS



# SELF-INFLICTED DENTAL INJURIES

Sometimes we're our own worst enemies, engaging in habits or making impulsive decisions that we end up suffering for. Here are some damaging dental habits that may sound familiar.

- **Using teeth as tools.** We've all been tempted to quickly tear open a package or remove a cap with our teeth. Bad idea! Remember that it will take a lot longer for an injury to heal or a tooth to be repaired than to find the proper tool in the first place.
- **Pizza burn.** That's the blister that starts forming on the roof of your mouth right after chomping into that first slice of sizzling, cheesy pizza. If you do burn your mouth from pizza or from any other overly hot food or drink, place ice – or at least cold water – against the burn in your mouth as quickly as possible to prevent further damage. Avoid hot and spicy foods and drinks until your burn heals.
- **Playing sports without a mouthguard.** A properly fitted sports mouthguard will help protect not only teeth and gums, but also the potential impact of a concussion. A custom-made, dentist-issued mouthguard will ensure a comfortable fit so that you and your children won't mind wearing this protective device for all your sporting activities - football, basketball, hockey or any other type of contact sport.
- **Aspirin burn.** Some people believe that if they place an aspirin right on an aching tooth or nestle it in their cheek beside the tooth, the aspirin's pain-relieving properties will transmit faster. This is not true! Aspirin should be swallowed, not placed on the tooth. Having direct aspirin-to-tooth contact does not relieve the pain faster, and instead could cause a secondary problem – aspirin burn! This occurs when the acid in the aspirin burns a white, rough lesion into your gums or cheek.
- **Mouth sores.** Mouth sores can develop from accidentally biting the inside of the cheek or lip, eating spicy and/or acidic foods, irritation from poor-fitting dentures, friction from orthodontic brackets or a number of other causes. Ask us how best to soothe canker sores, cold sores and other mouth irritations.
- **Biting your tongue or cheek.** While this happens to everyone occasionally, if it tends to happen to you frequently, mention it to us and we will check the alignment of your teeth or the fit of your dentures as applicable. Also, if you eat or drink after having your mouth frozen for a dental procedure, be extra vigilant as you won't feel if you've bitten your tongue or cheek until after the anesthetic wears off.
- **Nervous or unconscious habits.** Try to be aware of any habits you may unconsciously engage in on a daily basis that may affect your teeth or gums. Examples may include chewing on your lip or on the inside of your cheek, biting your fingernails, eating ice and chewing on pens, coffee stir sticks or straws.
- **Blowing your own horn.** Even trumpet players and other brass instrument musicians have been known to accidentally chip a tooth while playing.

It's obviously not possible to anticipate all dental injuries and accidents, but being aware of your daily habits is a good start in reducing the amount of issues that you may have to deal with. Please feel free to call us with any questions you may have on any dental problem or oral irritation.



# HEALTHY FUNDAMENTALS

**Straight, white teeth are the ideal components of an attractive smile. Prior to any cosmetic tooth improvements, however, are the dental fundamentals – good oral health along with strong, healthy, and evenly-shaped gums.**



Beautiful teeth can only sustain themselves if healthy gums support them, somewhat like how you need a solid foundation in place before building a house. Healthy gums help retain teeth in their sockets, in addition to helping to cosmetically frame the teeth and providing attractive aesthetic contours.

Gum recession is a common, yet preventable dental issue. Looking for and monitoring gum recession is an important part of what your dentist focuses on during your regular dental visit, and a reason why you may be asked to return for more regular dental visits.

If you're looking "long in the tooth" due to a receding gum line, ask us how to halt the recession and treat the affected areas. If you have an excess of gum tissue covering your front teeth, making the teeth look short and your smile too "gummy," ask us about aesthetic recontouring to quickly solve this common issue.

We look forward to answering all your questions about what dental options are available to ensure a beautiful, youthful smile, starting with the essential health and appearance of your gums.



## BRUSH UP ON BRUSHING HABITS

**We know we're supposed to brush our teeth once in the morning for about two minutes, and then floss and brush again at the end of the day. But should we be brushing more frequently? It depends...**

Because we know that food – especially sugary, sticky substances – produces acids that can lead to dental decay if not removed from the tooth surfaces, it would make sense to assume we should brush our teeth immediately after ingesting sugary foods and drinks, especially if they are acidic too. Interestingly, that's not necessarily the case. Scrubbing teeth immediately after consuming an acidic beverage or food can actually cause more damage to the teeth, as you'd end up working the acidic substances into the tooth! Instead, simply rinse out your mouth with water, and wait about 30 minutes to allow the pH

level in your mouth to get back to normal before brushing your teeth.

One more thing to remember about brushing, especially during flu season, is that toothbrushes harbor bacteria and as such can be breeding ground for germs. Make sure you toss out your toothbrush after dealing with a viral illness so that you don't re-introduce germs that could still be flourishing on your toothbrush, resulting in the chance of recurring infections, colds and gum disease.





# A CHIP OFF THE OL' TOOTH

Tooth enamel is the body's hardest substance, but it's not invincible. In fact, teeth can chip from a one-time impulse decision to remove a beer bottle cap with your teeth (funny to your friends; not so much for you when you chip your tooth), to a long-time habit of grinding your teeth or munching on ice or hard candies, to an accidental fall or injury.

Some common solutions for fixing a chipped tooth, depending on the extent of the damage, can include:

- **Bonding.** A small chip can usually be repaired with a filling or tooth-colored composite bonding material. This is the easiest, fastest and least expensive method of fixing a slightly chipped tooth.
- **Veneers.** Veneers are strong, thin, acrylic or porcelain "shells" applied on top of healthy,

although visually imperfect, teeth. They can cover a host of tooth imperfections.

- **Crowns.** A dental crown (or "cap") to cover and protect what's left of your original tooth may be necessary if a large piece of the tooth breaks off.

Accidents do happen, so when they do, please call us immediately for the best chance of "saving face"... or at least, saving your smile!

## SHARE A SMILE WITH FRIENDS AND FAMILY!

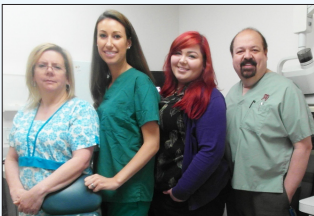
Referrals and word-of-mouth recommendations are our number one source of new patients. In fact, one of the best compliments we can receive from our clients is the referral of one of your friends, colleagues or family members, **AND** when you refer a new patient to our office, you will receive a **\$50 credit to your account!**

Our extensive dental training and experience allows us to understand and provide a wide range of smile solutions. We believe in creating the smile our patients are looking for using progressive dental techniques and technology.

In addition, we can provide a variety of expert cosmetic solutions, from simple at-home whitening procedures to attractive veneers to complete smile makeovers. Our goal is to put bright, healthy smiles on our patients' faces!

**Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!**

### Joseph A. DeLapa, D.D.S.



**Left to Right: Chris, Sophie, Elisa & Dr. Joseph DeLapa**

**363 Smith Ridge Road  
South Salem, NY 10590**

**Phone:** (914) 533-6166  
**Email:** smile@drdelapa.com  
**Website:** www.drdelapa.com  
**Facebook:** www.facebook.com/drdelapa  
**Twitter:** www.twitter.com/jdelapadds

**Office Hours:**  
Tues., Thurs.: 12 p.m. - 8 p.m.  
Wed., Fri.: 10 a.m. - 6 p.m.  
Sat.: By Appointment Only

#### Office Team:

Christine • *Office Manager/Dental Assistant*  
Sophie • *Registered Dental Hygienist*  
Elisa • *Office Administrator*

#### Our Services Include:

- Cosmetic & General Dentistry
- Bonding & Veneers • Crowns & Bridges
- Tooth Whitening • Emergency Dental Care
- Root Canals • Oral Surgery • Extractions
- Dental Implants • Complete & Partial Dentures
- Invisalign® & ClearCorrect™ Orthodontics
- BOTOX® • Juvéderm® Enhancements

The information contained in this newsletter is not designed as dental advice, but rather as a means to encourage interest in your dental health and communication with your dentist. Whole or partial reproduction of this newsletter is forbidden without the written permission of the publisher. © Market Connections Inc. 2013, Phone: (800) 795-8021, Website: www.dentalhealthnews.org