



## News From the Office of:



**Dr. Joseph A. DeLapa**

Welcome to our summer issue! We hope you're enjoying this wonderful season.

Many patients find that the summer is a great time to squeeze in that dental appointment they didn't have time for earlier in the year. Households with children on summer holidays especially appreciate scheduling in dental and other appointments for the kids, not having to interrupt school time.

Whether you're due for a regular re-care appointment, have a specific dental problem you'd like us to look at, or if you've been wondering about cosmetic improvements — from tooth whitening to a complete smile makeover — please call us. We'll be pleased to answer all your questions.

We look forward to seeing you soon!

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

Dr. Joseph A. DeLapa

## ENJOY SUMMER WITH A SUNNY SMILE!

**It's summer, the time of year many people schedule vacations and outdoor get-togethers with friends and family. It's also the time of year people might notice how yellow or discolored their teeth are, due to the contrast against their white summer wardrobes. Whether you're concerned about the color of your teeth, or are just looking for a fresh glow, you'll want to consider tooth whitening.**



Some might regard cosmetic dentistry as shallow, but it's been confirmed that the condition and appearance of a person's smile can make a big difference in how he or she is perceived. People with whiter, straighter, more attractive smiles are viewed as younger, more popular and more successful than those whose teeth are less appealing. Even simple tooth whitening has been viewed as an elixir, because of its ability to visually take years off of the average adult.

If you're thinking about whitening your teeth, please note that existing restorations — bonding, veneers, crowns, etc. — do not react to teeth whitening. For the safest, most even and successful whitening results, you are advised to avoid the drugstore whitening products. Only a dentist can whiten your natural teeth to match your restorations perfectly.

Patients with aged metal crowns or other old dental work might want to consider replacements. Today's strong, seamless porcelain crowns and filling materials match your natural tooth color for a brighter, more attractive appearance. And patients with old metal crowns may notice black lines at their gum line, especially if the gums have receded since the initial fitting of the crowns. Replacing the old dental work with strong, white materials will provide a younger, fresher look and an overall more natural appearance to the smile.

Improving your smile can be as easy as tooth whitening, as appearance-enhancing as porcelain veneers, or as practical as increasing the functionality of teeth by strengthening them with dental crowns. Please talk to us about the best way to extend your summer smile throughout the whole year.

# TOOTH ENAMEL DAMAGE CONTROL



If you think that by brushing and flossing your teeth every day, you're fulfilling your daily dental obligations, you're halfway right. The other half involves using the correct techniques, and protecting your teeth and gums from external factors.

Many of us grew up thinking that if brushing is a good way to clean our teeth, then brushing harder is the way to achieve an even cleaner result. Not only is this logic incorrect, it could be damaging to your teeth and gums. Ask us to give you a refresher on the most effective flossing and brushing techniques.

Another common misconception is that we should brush our teeth right after we eat. While it's a good idea to rinse your mouth with water following a snack or meal, sometimes brushing your teeth too soon after eating can actually do more harm than good. The reason for this, especially if you've just eaten or drunk something acidic, is that the acids would have softened your tooth enamel, leaving it vulnerable to damage from vigorous brushing. Wait at least an hour before brushing, and then, as always, use a soft-bristled toothbrush.

Conversely, refrain from brushing your teeth *before* eating or drinking something acidic, as you will brush away the saliva that protects your tooth enamel from acids.

Regarding acid, if you suffer from frequent bouts of heartburn or gastro esophageal reflux, you might have the acids churning around your digestive system coming up into your mouth via burping or reflux. These acids can damage your teeth enamel, as can frequent vomiting (caused by morning sickness, or bulimia and other illnesses, for example).

And there are certain medications that cause dry mouth, a condition that prohibits the flow of protective saliva, making your teeth vulnerable to eroding enamel, cavities and gum problems. Please share the names of your current medications with us, so we can avoid any dental reactions or consequences.

Tooth enamel is the body's hardest substance — this is the reason dental records are often referred to for

identifying trauma victims. But, enamel isn't invincible. Sometimes we're our own worst enemies, and can harm our teeth on a daily basis without realizing it. How many of the following habits are you guilty of?

- **Sipping on sodas or juices throughout the day.** This keeps your teeth constantly bathed in sugar and enamel-damaging acids. Try using a straw to direct the drinks away from your teeth, or better yet, if you must have your soda fix, consume the drink in one sitting and rinse your mouth with water after.
- **Smoking and ... swimming?** Yes, of course you know all forms of tobacco can stain your smile, but did you know that swimmers could develop brown stains on their teeth, too, from continual contact with chemically treated pool water?
- **Teeth as tools.** Scissors, bottle openers and teeth all have their own specific purposes. Please don't confuse them, and risk harming your teeth by using them as tools to pry things open!
- **Not using a mouthguard.** The simplest way to avoid tooth and mouth damage in many sports is by wearing both a helmet and a properly fitted mouthguard. Mouthguards also protect against bruxism (teeth grinding). Ask us for details on both types of mouthguards.



Talk to us about ways to ensure your enamel stays intact and healthy, for your strongest, healthiest, most attractive smile.

# NICE TO SEE YOU AGAIN!

It's amazing how time flies — especially the time between dental visits! Although dental appointments may not top your list of favorite activities, it is vital to maintain regular dental continuing-care appointments, even if your teeth have no symptoms of damage or neglect.



While there is no universal “right” number of times to visit the dentist for regular continuing-care appointments, the recommended average is at least two visits a year. However, there are exceptions, and each person needs their own individual schedule for appointments.

Your appointment schedule will depend on specific dental issues, such as the amount of plaque and calculus buildup, decay rate, your susceptibility to gum disease, and any specific health issues you have, which might lead to a higher risk of gum disease.

What should you expect during your regular continuing-care sessions? First, we'll look for any deterioration in fillings, crowns or other restorations, new decay, signs of

periodontal (gum) disease, root cavities (decay in the roots of teeth exposed by receding gums) and impacted wisdom teeth. We'll also perform a detailed check for unusual sores or changes in your tissues that may indicate oral cancer. To ensure that bacteria are removed from around and below the gum line, we will include scaling and polishing procedures to remove plaque, calculus and stains from teeth.

If you haven't already made your next dental appointment, please call us today. Great dental care is one of the most important investments you'll make in your life, and we'd like to help you keep your teeth and gums healthy now, and maintain their health right into your twilight years.



## SAFE AND STERILE

**Every season seems to bring its own health concerns. From colds and the flu to airborne viruses, there always seems to be something to worry about. That's why our dental office is proactive in the fight against the threat of transmitting viruses and disease, by following standard, universal safety precautions.**

You'll notice that our dental staff wear protective garb such as gloves, masks and eyewear. After each patient visit, the gloves are discarded, hands are washed and a new pair of gloves is donned for the next patient.

What you might not realize is the degree of sterilization to our equipment, behind the scenes. We sterilize all our dental instruments, including the handpieces and drills, following specific precautions. Some dental offices use heat sterilization, while others opt for chemical sterilization, but all qualified dental offices will ensure that, no matter which sterilization method they use on their dental

equipment, all bacteria, viruses and other organisms are killed. Items such as needles and saliva ejectors that cannot be sterilized are used only once, for each individual patient, and then are disposed of in special containers.

If you have any questions on equipment sterilization, or would like to see how it's done in our office, please do not hesitate to ask!





## GET THE ROYAL TREATMENT: A PORCELAIN CROWN!

**The recommended treatment for a broken, worn-down or severely decayed tooth, or one that is weakened due to an excessively large filling, is a dental crown (a cap).**

Unlike a filling that simply fills in a portion of a tooth, a dental crown fully “caps” the whole visible surface of the tooth, much like a thimble covers a finger, to become a tooth’s new outer surface. In the past, crowns were only available in metal, but today’s strong ceramic materials allow them to be manufactured in porcelain, combining beauty and strength in one practical and attractive unit.

The material chosen for your dental crown depends in part on where the crown is needed. We recommend that dental crowns for front teeth be fully fabricated in porcelain, as the material possesses a translucency that replicates natural teeth most realistically. Back teeth, which are subject to increased force from biting, chewing and grinding food, may require a combination of metal and ceramics.

Dental crowns not only add strength to your teeth, they also allow you to cosmetically enhance your smile with beautiful alternatives to original teeth that are holding you back from the smile you desire. Please ask us if porcelain crowns are the answer in your quest for a stronger, more attractive smile!

# KEEP YOUR NEW SMILE FRESH

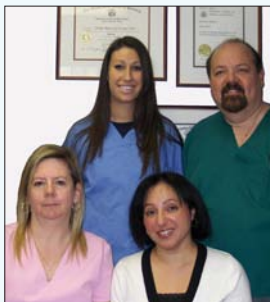
**So, you just treated yourself to tooth whitening, dental veneers or porcelain crowns. Chances are, you’re feeling great about your new smile, and turning some heads, too! But are you doing your best to maintain your new look for as long as possible?**

Remember, it’s still important to maintain a regular schedule of dental visits for optimum dental health. In addition, be aware that cosmetic restorations need to be cared for by a trained professional who focuses on cosmetic dentistry, and therefore uses the specialized instruments, polishes and other products necessary to safely preserve your smile investment.

Daily flossing, and brushing twice a day, will help keep your gums healthy, while choosing the correct, non-abrasive toothpaste will help keep your teeth free from any stains from smoking and strongly colored foods.

Please ask us for tips on how to keep your smile as fresh and bright as the day you got it!

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



**Standing From Left to Right:**  
Sophie & Dr. DeLapa  
**Sitting From Left to Right:**  
Christine & Maureen

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

**Phone:** (914) 533-6166  
**Email:** smile@drdelapa.com  
**Website:** www.drdelapa.com

**Office Hours:**  
Tues., Thurs.: 12 p.m. - 8 p.m.  
Wed., Fri.: 10 a.m. - 6 p.m.  
Sat.: 10 a.m. - 5 p.m.

### Office Team:

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

### 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