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CLARMAIN DENTAL

Patient Newsletter

Spring 2007

Cerec - One Visit Crowns & Fillings

Cerec stands for **Ceramic Reconstruction**. When teeth are decayed or damaged there are many materials and methods that can be used, depending on the extent of the



restoration. Ideally the material used is as tooth like in structure and looks. Unfortunately there is no ideal material to repair teeth but advances in dental materials are constantly developing. A few of the commonly used materials are silver amalgam, bonded direct placement composite resins and indirect placement gold, porcelain fused to metal, solid bonded composite resins and indirect bonded porcelains. Indirect means that the tooth is prepared, an impression taken and a temporary placed, the technician constructs the restoration which is then fitted or bonded to repair the tooth at a separate appointment.

For larger fillings and crowns, indirect materials are stronger and last longer.

We are pleased to offer our patients CEREC restorations services, where we can provide bonded porcelain crowns,

fillings and veneers in one appointment without impressions and temporaries. This is possible using CAD/CAM computer aided design and computer aided manufactured technology.

The steps involved are:

- 1) Anesthesia and preparation of the tooth.
- 2) An optical 3D image or picture is taken of the tooth using a small camera in your mouth.
- 3) The crown or filling is designed on a 3D computer screen right before your eyes.
- 4) A computerized milling unit creates the crown, filling, or veneer from a solid block of porcelain that matches the colour of your teeth.
- 5) The crown, filling or veneer is bonded to your tooth.
- 6) Smile 😊



Before



After

Most often all this is done in one appointment. You are welcome to come in and speak to us about Cerec technology and ask if this could work for you. Visit the Cerec website for detailed information about this exciting new technology. www.cereconline.com

Preparing Your Teeth For Retirement

Retirement! It is a time in life that is usually well planned for often decades in advance of the actual day. Have you actually thought about planning your teeth for that magical day? For many, company benefits, including dental benefits change or end the day you leave the company. We would be pleased to work with you to plan to restore those areas we have been observing during your recall visits. That molar that we really should look at "one day" perhaps should be sooner than later when the "fixed income" is directed to other areas of life. We want to work with you so you will enjoy your teeth for a lifetime!

Who Am I ?

- He is celebrating a special birthday this year.
- When he is not in the office his absence is noted by everyone (It's quiet!)
- Golf is his middle name

A Reminder!

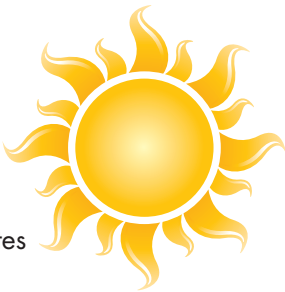
Please remember to update our office with any changes to your dental insurance information prior to dental visit.

Please!

We would appreciate notifying our office 48 hours prior to cancelling or changing your scheduled appointment.

Celebrate Summer

We are pleased to offer you the opportunity to brighten that smile! For the month of June we are offering you our Night White System for \$279 (regular \$350.) Our in office service Zoom will be \$649 (regular \$750). Gift certificates available throughout the year!



Cough Drops - They ARE Candy

So we are all aware of the evils of candy, but are you aware of the ways candy disguises itself. Yes you guessed it, I'm talking about cough drops. "But wait" you say, "cough drops are medicine, they can't be harmful!!!" And yet, as many of our patients have discovered they can be! One of the main ingredients in all the leading brands of cough drops is sugar. It is often called by other names such as glucose, corn syrup and sucrose, but this sugar is the same evil cavity causing sugar found in hard candy. To add insult to injury when sucking on cough drops it is usually to help with a cough which means you may have them in your mouth constantly for days or even weeks. The sugar lowers the pH in the mouth, and with very little time between drops, the pH stays low for long periods of time – spelling disaster for your teeth. The Good News – Most of the major companies have caught on and are now selling sugar free formulas.



Our Mystery Person

Our congratulations to Peter and Susan! The happy couple were married in January.

Congratulations to Laura who recently graduated as a Dental Hygienist!

Tooth Truths

How common is dental decay in children? One of the most prevalent disorders of childhood, dental decay is five times as common as asthma and seven times as common as hay fever. It is caused by a bacterial infection and impacts 60% of all 5 to 17 year olds.

Floss Is A Menace

In the January issue of the Toronto Sun there was an article on the damaging effects of floss – on the city plumbing. Apparently, flushing your floss down the toilet is a no-no. As the floss travels through the city sewage the string gathers and binds together garbage of every description. When the bundle of garbage reaches the pumping station it plugs up the works, reducing water flow. The waste is then taken to the landfill site. The photograph of the bundle in the Sun was the size of a man's torso. So... as a courtesy to the city workers and the sake of the environment, please put your floss in the waste basket after you FLOSS-BRUSH-SMILE!



Healthy Smiles for Haiti

Special thanks to all our patients for their contributions to providing dental care in Haiti. Please visit www.healthysmilesforhaiti for the ongoing progress.

Clarmain Staff:

Dr. Peter Clark Dr. Vipan Maini Dr. Opie Chari
 Hygiene Team: Cathy, Molly, Lillian, Teresa
 Clinical Team: Anne Marie, Georgina, Tanya, Laura
 Reception Team: Barb, Dawn Marie, Giulia, Kris, Shelley

New Patients are always welcome



Please contact us at:
 720 Guelph Line, Suite 204
 Burlington, ON L7R 4E2
 Tel. 905-639-7494 or 905-639-7772

Clarmain Dental Centre Web Site:

Please visit our web site for information valuable to all your friends and family.
www.clarmaindental.com