

## Summer 2013 Newsletter from Premier Dental Associates

Free Fluoride Treatment  
with Your Cleaning, just  
tell us you read newsletter



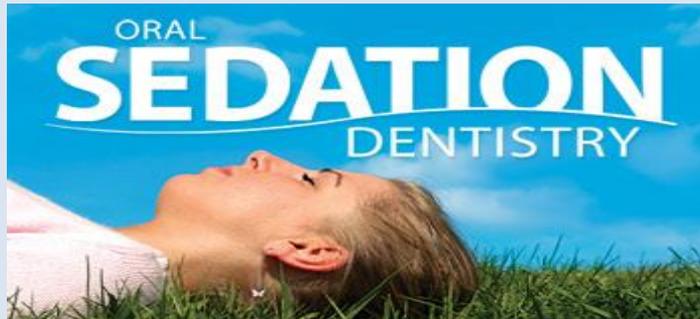
### New Dry Mouth Treatment



**XyliMelts is the best treatment for Dry Mouth (xerostomia). Stimulating saliva, XyliMelts also moisturizes the mouth and coats it in a soothing oral lubricant to keep your mouth comfortable for hours. Adhering disc technology means you can even use XyliMelts while you sleep, when Dry Mouth is at its worst! XyliMelts also contain xylitol to**

### The levels of comfort that we provide

There are many types of the anxiety and pain control methods used in modern dentistry. In our practice, we can offer several options to our patients.



First, we always make sure the patients are comfortable during the procedures; we use local anesthetics, such as Lidocaine, Septocaine, Mepivacaine and Citanest Plain. Most anesthetics have epinephrine. The goal of epinephrine is to constrict the blood vessels; as a result, we can get longer durations of anesthesia. In our practice we have also adopted a technique called "Velvet Touch", which is a combination of certain drugs, topical anesthetic and injection speed. With this technique the injections are painless!

As a side note, we want our patients to be aware that a common misconception is that dentist still use the anesthetic "Novocain", which has not being manufactured since 1960s (and therefore no longer in use).

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suppress the harmful bacteria that flourish in a dry mouth, reducing bad breath, plaque, tooth decay and gum disease!

- *Lasts for hours*
- *Stimulates saliva flow*
- *Can be used while sleeping*
- *Suppresses harmful bacteria which flourish in a dry mouth*
- *Moisturizes and coats the mouth for optimal comfort*
- *Mild mint flavor freshens breath & stimulates saliva.*



For mild to moderate anxiety we can also use Nitrous Oxide, (commonly known as Laughing Gas) in addition to normal numbing anesthetics. Nitrous Oxide typically makes the patient feels more relaxed and carefree, which helps with anxiety. This gas clears from the patient's system immediately after the procedure, because we "flash" it with pure Oxygen. There are no after effects from the gas, therefore patient can drive and function normally after their appointment.

Another option for moderate anxiety is Valium (along with local anesthetics for numbing). The patient is prescribed Valium to take the night before and an hour before the appointment. In this case we ask for the patient to bring a driver and to not operate machinery for the rest of the day.

We can also offer a combination of Valium and Nitrous Oxide. Occasionally we recommend using this combination for patients who may not respond as well to either method alone.

The highest level of sedation we can provide is Conscious Sedation, which is a combination of prescription medications that we prescribe to patients on an individual basis (along with anesthetics). When we do the patient's comprehensive examination and treatment planning, we gather the pertinent information that will allow us to determine what type of Conscious Sedation medications will be needed for individual patients and procedures. Our doctors will then provide specific, per patient instructions on the drug(s) to be used along with administration instructions. When a patient ops to have Conscious Sedation, he/she must to be escorted to and from the office by a friend or relative. The patient should not operate any automobiles or machinery, or return to work after having Conscious Sedation. These medications typically have an effect similar to amnesia or "black-out", so it is common for the patient to not remember most of what happened during their dental visit.

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### Interesting facts

The acid in your stomach is strong enough to dissolve razor blades

Your nose can remember 50000 different scents

Touch stimulates the release of endorphins (the body's natural pain killers). There are approximately 5 million touch receptors in our skin—3,000 in each finger tip.

The width of your arm span stretched out is equal to the length of your whole body

### Food for the thought

I know that I am intelligent, because I know that I know nothing.

**Socrates**

Intelligence without ambition is a bird without wings.

**Salvador Dali**

We want to make your dental experience with us easy, painless, and as comfortable as possible. If you would like to schedule a consultation to discuss which sedation option is best for you, please do not hesitate to contact our office!

### Some Dental Humor!



"We call her 'The Plaque-inator.' She takes on the tough cleaning jobs when we have people like you who haven't flossed in six months."