



COLLINS FAMILY & IMPLANT DENTISTRY

We listen. We're gentle.
We care.

8615 NE Hazel Dell Avenue
Vancouver, WA 98665
574-7477

Dental Health

A newsletter for our patients and friends

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www.cfdonline.com

Do you have questions about dental health? Get answers quickly in the Patient Education section of our web site, www.cfdonline.com.

As always, your inquiries are welcome at (360) 574-7477.



New LED Teeth Whitening

We are introducing a new line of teeth whitening products and services from Beaming White®. The LED light shown above produces an intense blue light to activate hydrogen peroxide gel that is applied to the teeth two or three times in less than an hour. Results are noticeable immediately, and this method is more convenient than using home whitening methods that require trays or strips for five or more sessions of 1 to 2 hours. See our offers on page 4 for introductory pricing from \$79.



Kellie Boyle

We are delighted to announce the return of Kellie Boyle, our office manager. Kellie lived in Eastern Washington for 3 years. Kellie says she is "happy to be home, plans to stay with us until she retires." Three cheers!

What's New at Collins Family Dentistry?

A slight name change - Dr. Collins began placing and restoring dental implants in 1985. Demand for implant care has grown enough that we feel a need to distinguish our practice for this special service, so we changed our name to **Collins Family and Implant Dentistry**. We will still offer comprehensive family dental care as always.

Advances in 3D digital technology provide new benefits in dentistry. See our articles about 3D implant design and Zirconia crowns produced with digital milling machines in this issue of Dental Health.

Overview of Teeth Whitening

or “Love your smile”, by Keith W. Collins, DMD

Teeth whitening is in demand because it is one of the fastest and easiest ways to improve your appearance.

Discoloration of teeth is caused by natural darkening of the dentin under the enamel layer of the teeth. Teeth can also be stained by bacterial pigments, foods rich with carotenoid or xanthonoids, tobacco, and colored liquids like coffee, tea, red wine, and some soft drinks.

Tooth whitening works by using peroxide-based products in different forms to penetrate the porosities in enamel to bleach stain deposits in dentin. The active ingredients are carbamide peroxide or hydrogen peroxide. Carbamide peroxide reacts with water or saliva to form hydrogen peroxide. Hydrogen peroxide is three times stronger than carbamide peroxide, so a 5% solution of hydrogen peroxide is as strong as a 15% solution of carbamide peroxide. Bleaching works best on teeth that are too yellow, and is less effective with teeth that are dark gray. We use a shade guide to determine the natural shade of the teeth prior to bleaching, then compare with the new shade afterward. Home bleaching systems are available as bleaching strips, gels with simple trays, bleaching strips, and ingredients for toothpastes or mouth rinses. Dental offices offer stronger concentrations of bleaching agent and faster bleaching time associated with custom trays or professional bleaching lights.

The American Dental Association recommends completion of a thorough exam by a dentist prior to bleaching, including medical and dental health histories, soft tissue exam, and evaluation of the teeth to rule out cavities and other conditions.



Teeth Whitening is safe and appropriate for most patients.

Power bleaching uses light energy to accelerate the whitening process in a dental office. This is the quickest and easiest way to whiten your teeth. Relax in our special tooth whitening room, where we apply a protective gel to your gums, then brush a powerful bleaching gel on your teeth. Our latest generation light supplies energy to “activate” the bleaching gel, and in 40 to 60 minutes you leave with noticeable whiter teeth! All whitening systems work best right after teeth cleaning, so many patients are choosing to stay an hour after their cleaning to enjoy optimal results.

Bleaching gel in custom trays requires custom trays that we make from impressions of your teeth in our office. Custom trays fit your teeth better than over-the-counter bleaching systems, so you can avoid waste when you load the tray with bleaching gel. The disadvantage of bleaching at home is that it takes four or five treatments of an hour to two hours each to get the same result you get with power bleaching. An advantage of custom bleaching trays is the opportunity to continue bleaching every month or two with bleaching gel available at our office. Some patients

can experience sensitivity of teeth, gums, or other soft tissues with bleaching, so we recommend that you spread your bleaching sessions over two weeks or more to reduce sensitivity. You can also use a remineralizing product we offer at our office to help control sensitivity.

Whitening strips are available at our office at professional strength and at retailers in a consumer strength. You apply the strips to your teeth and let them work for one to two hours per session, typically for four or five sessions. The strips do not work as fast as power bleaching, and there is nothing to contain the

bleaching agent, so there may be a greater risk of irritating soft tissues. The strips can also be difficult to remove, as they need an adhesive to stay in place.

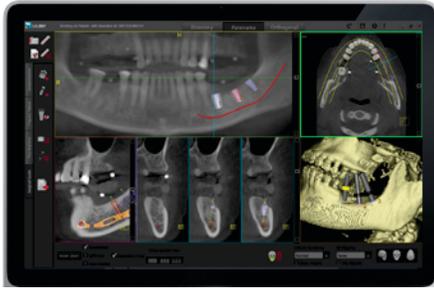
We also offer **Teeth Whitening Pens** to touch up specific areas as needed. You can use whitening pens and **remineralization products** with any of the whitening methods described above.

It is important to realize that dental restorations will not change color with teeth whitening systems. Tooth colored fillings, crowns, and denture teeth will not change color with any product. However, we are pleased to say that we can restore teeth to lighter shades than ever, to match the lightest results obtainable with whitening treatments. You can choose to whiten your teeth before we restore teeth with veneers, crowns, or fillings to match. You can also choose the color you want for your smile, and we can offer bonding, veneers, or ceramic crowns without metal to provide the smile of your dreams.



-Keith Collins, DMD

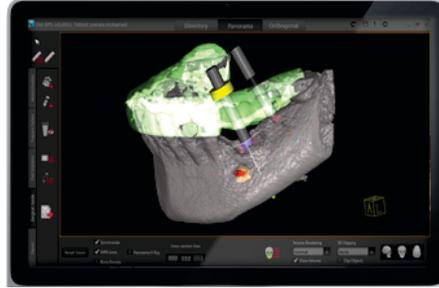
Advances in 3D Implant Design



3D Conebeam Image

Traditional CT scans have evolved with conebeam imaging that offer greater detail, shorter acquisition time, and 3D software to plan implant placement from any angle. We can build custom panoramic, cross-section, and 3D views specific for each case.

We work with 360imaging, an innovative company in Atlanta, GA, that integrates the latest technologies for implant design software with lab services.



Dual Scan Image

The purpose of implant planning is to create a surgical plan to support a prosthetic design. In other words, we need to plan where the teeth will be before we plan placement of implant "roots".

Dual Scan imaging is a new innovation where we can merge a typical conebeam image of the jaws with an additional 3D scan of a plan for teeth, such as crowns, a bridge, or denture. Dual Scan enables optimal planning for the most complex cases.



3D Surgical Guide

360imaging software integrates implant design with lab services. We finish our design for any number of implants, then direct the lab to produce a surgical guide that snaps on to remaining teeth or indexes to a jaw without teeth.

The lab "prints" the guide with a digital system using a medical grade polymer. Detailed planning reduces the time needed for implant placement by about one half.

Implant Placement is Easier than you Might Think

Some people cringe when they think of implant placement in the jaws. Fortunately, placing implants is far less stressful than it sounds, and much less stressful than removing a tooth. Typical local anesthetic is sufficient, and it usually takes less than half an hour per implant to prepare the bone and place the new "root". Most implant patients say they had very little post operative discomfort, and most didn't need the pain medicine we prescribe. Implants replace teeth or anchor dentures, for great smiles, better chewing function, and better self-confidence.

Upgraded Wand Anesthesia

Dr. Collins introduced "The Wand" to our patients over ten years ago. The latest version of this device offers improvements in computer controlled local anesthetic delivery, with a unique feedback mechanism to limit pressure. Patients say "It's the best shot I ever had". We also improve comfort by using anesthetic with neutral pH, compared to acid pH that stings.



Dentistry under Obamacare - Rx for Uncertainty

Many Americans are not aware that Obamacare, formally known as the "Affordable Care Act", requires medical insurance for everyone on January 1, 2014. Unfortunately, no one really understands what Obamacare is, and there is great confusion about the ultimate effects of the law. Some warn that medical insurance premiums will increase dramatically, causing "rate shock". Some of our patients have already reported loss of dental benefits, downgrades for annual maximums, or loss of all health care benefits as employers scramble to make all employees part time. Given the uncertainty about benefits in general, I am urging those who know they need treatment to use your benefits as soon as possible, while you still have them.

New Sonic-FX Toothbrushes



We are pleased to introduce a new value in advanced toothbrushes.

The Sonic-FX is an ultralight weight brush that comes with four heads, a recharging base, 3 power settings, an intelligent timer for your brushing routine, and a UV sanitizer to kill bacteria after each use.

Only \$59

through November 30, 2013

Comparable to a Sonicare model at \$170!



New Zirconia Crowns and Implant Posts



Tooth colored crowns and bridges were traditionally made by fusing porcelain to a metal base. We enjoy better esthetics by bonding porcelain to a zirconia base, which is translucent to better match natural teeth. Porcelain looks great, but a rare patient creates chewing forces great enough to fracture porcelain. Now we can offer crowns for posterior teeth that are digitally milled from blocks of zirconia, so there is no risk of fracturing porcelain. The zirconia material is available in 8 shades, but we still prefer porcelain for front teeth, for optimal flexibility with color, glazing, and characterization.



Dental implants are usually titanium roots to replace natural tooth roots. Titanium posts are attached to root form implants, then a crown or bridge is made to cement to the post. Titanium posts are strong, but they can cause a dark color behind the gums and present a dark color that must be masked under tooth colored crowns. Custom milled zirconia posts also very strong, and they are white, so they are preferred for replacement of teeth when gums or teeth are exposed when you smile.



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Introductory Offer LED Teeth Whitening

two applications (less than an hour) \$79, reg. \$119
three applications (about an hour) \$99, reg. \$149

Enjoy professional teeth whitening with hydrogen peroxide gel accelerated with our blue LED teeth whitening light. Complimentary screening by Dr. Collins, as teeth whitening is not appropriate for everyone.

Offer is good for new and existing patients, expires November 30, 2013

Your feedback is important to us!

You are invited to tell us how we are doing. We are also interested in every way to make things better. Most of you have heard Dr. Collins say "Please raise your left hand anytime something can be better. We will not be insulted, as constructive criticism is essential. There are things a patient can tell that we cannot, so we need your feedback for our continuing efforts for improvement."

Email Dr. Collins direct at drcollins@cfdonline.com.