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We can't wait to see your

AMAZING SMILE!



Our team's excited to be back in the office and to serve you again! The past few weeks gave us all an opportunity to reflect on life, family, and health. One thing is clear: We're honored to care for you and contribute to your wellness. Your trust and confidence in us mean more than ever.

During this time, many patients had appointments for planned treatment and recall visits canceled. We also know that some patients developed new concerns during our closure. And yet others have new goals for their oral and general health after a time of reflection.

You'll notice a few differences when you visit the office next time. Your safety has always been top priority, and our strict sterilization and cleaning program continues to protect you and us against the spread of any disease. You may notice we're wearing a little different protective gear, and that we take a little extra time with your appointment. If we take your temperature or ask about recent illnesses, we're just following a new set of precautions.

Oral health is a vital part of your wellness, and we're honored by your trust and confidence in our team. We look forward to working with you for years to come!

DID YOU KNOW?

Chromagens are color compounds found in coffee, tea, wine, chocolate, and other dark foods and drinks. They embed into the surface of your teeth and cause discoloration. But professional whitening methods safely remove chromagens and leave teeth strong and healthy. In other cases, porcelain veneers or Invisalign straightening may provide a better smile solution.



BAD BREATH TIP

Freshen up! Mouthwash seems like a good idea for bad breath, but not always. Most mouthwash contains high amounts of alcohol, and alcohol tends to dry out the mouth. Try a neutralizing rinse, like Closys. Most bad breath comes from the tongue. So better yet, use a tongue scraper followed by your toothbrush and toothpaste. Fresh breath and less bacteria!

HOW IMPLANTS TRANSFORM A LOOSE DENTURE

Do you or someone you know struggle with loose dentures? Americans spend over \$200 million every year on denture adhesive. But a denture only has about 20% of the bite power of natural teeth. Implants can dramatically change that! In many cases, implants can be used under dentures. Small attachments inside the denture snap onto the top of the implants. For denture patients, the difference is life-changing. A confident smile and strong, secure chewing allow patients to enjoy more of the things they love the most!





ANXIOUS? WE HAVE YOU COVERED.

Not everyone feels calm when they think about visiting the dentist. We understand, and we're here to help. Some patients just need a little help getting through treatment, and our team offers options to help everyone get the care they deserve.

If you need to take the edge off your anxiety, we offer "laughing gas." It's simple, safe, and you feel fine at the end of your appointment. We also offer medications you can take before your visit. Dr. Malcom can customize a protocol that gives you just the right amount of relaxation. His background in pharmacology helps design an effective, safe protocol personalized for you.

We also know some patients need a little more sedation for treatment, and that's ok, too. We have a nurse anesthetist available who can help you sleep comfortably while we give you the care you need. Regardless of your anxiety level, our team specializes in gentle care!

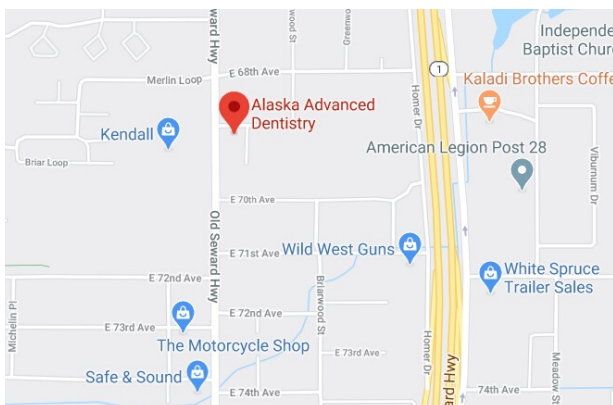
Did You Know?

What if we could grow new teeth and give you a natural solution for a gap in your smile? We could be part way there!



Researchers at Columbia University in New York placed stem cells in the jaws of rats and grew new teeth within two months! The 2019 study paves the way for humans to grow new teeth in missing places. However, human trials will take a few years to complete. For now, dental implants offer many ways to replace

missing teeth. If you're curious how they may help you, we'd love to show you the options: There are many possibilities!



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A PHARMACY MOMENT

With Dr. Malcom



As you know, our country continues to deal with an opioid addiction crisis. Deaths from opioids is four times greater than 20 years ago. Fortunately, we can control most dental discomfort without opioids, such as Vicodin and Percocet.

The first choice for dental pain medication is usually a non-steroidal anti-inflammatory (NSAID), like ibuprofen. At a dosage of 400 mg every 6 hours, many forms of post-treatment pain can be controlled. If patients are unable to tolerate NSAIDs, they often find that acetaminophen offers a good alternative.

These two medications work a little differently from each other. If a patient has pain that's not controlled by one or the other, acetaminophen and ibuprofen can be used together. Studies further show that caffeine enhances the effectiveness of these medications. While there isn't a single medication that combines these agents, strategies to combine them can be used without using opioids.

"We create personalized solutions to keep each patient comfortable and safe."

