

REVEAL YOUR
SMILE

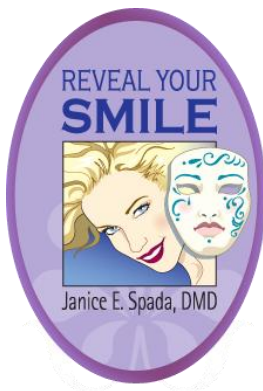


Janice E. Spada, DMD

Smile Guide: Essential Guide to Dental Care

This guide presents and answers the most frequently asked questions regarding modern dental care.

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Dr. Spada has been a practicing dentist since 1982. She has been creating beautiful, healthy smiles in her Sudbury practice for over twenty-five years.

Dr. Spada is a 1982 graduate from Boston University School of Graduate Dentistry. She graduated magna cum laude from Boston College with a B.S. in Biology in 1978. She has been a sole proprietor of her practice since October 1987.

Dr. Spada has volunteered her time to the Mac Van which provides dental care in Massachusetts to underserved communities. She provides educational presentations to local groups.

She enjoys golf, fishing, photography. She follows her passion in Theater. She enjoys creating smiles during the day as a dentist and smiles in the evening when performing with Calliope Productions, Theatre III, Framingham Community Theater and Worcester County Light Opera Company.

Beyond having exceptional credentials, Dr. Spada is warm and caring while relating well to people of all ages.



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Cosmetic Care

Can I only use the at home bleaching for just one tooth?

Usually people want to bleach just one tooth if they have a very darkened tooth. The real cause of the darkened tooth may be that the nerve is dead.

There are times when a darkened tooth can be bleached individually, but that is usually not with the home care product. It usually requires some extra work in the office with internal bleaching at the dentist's office over several visits.





Cosmetic Care

I have heard from friends that their teeth are more sensitive after bleaching. Is this common in all cases?

It is possible to have sensitivity both during and after bleaching. In our office, prior to giving you the bleaching product or doing the in office Zoom, we place you on a 2 week prescription fluoride for sensitive teeth.



The fluoride is used to preempt any susceptibility to sensitivity due to the bleaching.



Cosmetic Care

Is there a difference between bonding and veneers?

Yes. There is a difference between dental bonding and veneers. Dental bonding typically requires composite filling material to be used in various ways.

A chair side veneer is when composite material and is a cost effective way to address many issues.



A porcelain veneer is a two step process where the doctor has to prepare the tooth and then have a porcelain tooth prepared and cemented in place. This is us



Cosmetic Care

What is a porcelain veneer?

A porcelain veneer is a lab altered porcelain tooth that is fitted for the patient once the original tooth has been altered enough to fit the veneer properly and according to the design wishes of the patient.





Cosmetic Care

What is a Lumineer?

A lumineer is a porcelain veneer that is added to the tooth without altering the structure of the tooth at all.

In our opinion, there are very few cases where the original tooth is structured or positioned in such a way that using a Lumineer would be appropriate.





Cosmetic Care

What are dental implants?

There are various types of dental implants. The ones conventionally used now are for single tooth restoration. Dental implants are a titanium screw that is osseointegrated into the bone.





Cosmetic Care

Why do I see a lot of pink when I smile?

When we look at a patient's smile we look at the pink, the white, and the black. Some patients do show a lot of pink, or in other words, a lot of gum, otherwise known as a gingival smile.



For teeth that have not fully erupted, a patient would be referred to a periodontist.

Sometimes a patient's lip pulls up too much. In these cases, we might recommend orthodontics.

No matter the case, if you believe that you see a lot of pink when you smile, there are various care plans we could suggest to help you balance the colors of your smile.



Cosmetic Care

What happens to my fillings if I have my teeth bleached?

No whitening product can alter the color of restorative dentistry like fillings and porcelain crowns.

When your teeth are whitened, you will notice a difference in color. If you want

to have your restorations altered, you can do so two weeks after you have your teeth whitened.





Cosmetic Care

I am embarrassed about the spaces in my smile. What can I do?

Spaces, particularly for those in the front teeth, can be addressed in many ways.

There are times when we can use Invisalign to close the space. Other more complicated cases get referred to an Orthodontist. There are also times when we can use chair side bonding materials or porcelain veneers to close the spaces.





Restorative Care

Why should I spend a lot of money for a root canal? Why not just pull the tooth?

Having a root canal is the same as making the choice to save your tooth. Saving the tooth is important if you want to avoid premature collapse of your bite, drifting of other teeth and loss of the bone holding your teeth in place.

If you have your teeth pulled you run the risk of starting to look prematurely old.





Restorative Care

If I have a cavity, how should it be treated.

Decay needs to be addressed with different restorative materials depending on the size of the decay. Small decay can be addressed using composite fillings or silver. We chose not to use the amalgam silver fillings.

For larger areas of decay, we would rely on a restoration and either an on lay or a crown.





Restorative Care

What is the difference between a Crown and an Onlay?

An onlay is an indirect restoration which incorporates a cusp or cusps by covering or onlaying the missing cusps. The onlay allows for conservation of tooth structure when the only alternative is to totally eliminate cusps and perimeter walls for restoration with a crown.



An onlay is different from a crown. The best way I can describe it is that an onlay is like having a bicycle helmet versus a crown, which would be like a football helmet.

In the preparation for an onlay less tooth structure is removed and the tooth is protected with a bonded material ceramic in nature which actually strengthens their tooth.



Restorative Care

What is the difference between a Crown and an Onlay?

A crown is a type of dental restoration which completely caps or encircles a tooth or dental implant. Crowns are often needed when a large cavity threatens the ongoing health of a tooth. They are typically bonded to the tooth using a dental cement.



A crown is made by reducing enamel on the biting surface of the tooth as well as 360 degrees around the tooth. There are times a crown is needed and times that an onlay would be a better option.

Why does the onlay cost about the same as a crown? The onlay is still a prosthetic replacement of enamel which is made of a ceramic material. At times creating an onlay requires more skill than a crown.



Gum Care

I have been told I have bad breath. What should I do?

If you have been told that you have bad breath as a chronic condition, you should seek the advice of a dental professional immediately.

Bad breath can be caused by periodontal disease and/or gastrointestinal problems. A dentist can evaluate the status of your gums to rule out or diagnose periodontal issues.

Common causes of the factors that can lead to bad breath include a lack of brushing and flossing. Additionally, your diet can play a role in bad breath brought on by gastrointestinal issues.





Gum Care

Is it normal to have bleeding gums?

No it is not normal to have bleeding gums. Healthy gums do not bleed. Bleeding is caused when there is too much plaque buildup between the teeth and gums.





Orthodontics

What is Orthodontics and when does it apply?

Orthodontics is a function in dentistry that focuses on the movement of teeth. Orthodontic work can be done with the traditional wire and brackets or through the use of Invisalign.

Orthodontics can also be used to resolve jaw relationship issues.





Orthodontics

What is Invisalign?

Invisalign is a product where you have clear aligners that apply mechanical forces to move your teeth for better alignment.

Invisalign is typically used instead of conventional wire and brackets orthodontics for those of you that are concerned about the aesthetics of wearing braces.



Not all jaw or teeth malocclusion procedures can be done using the Invisalign products. You need to consult your dentist to determine the most proper way to proceed should you have jaw or teeth alignment issues.



Oral Surgery

What is Oral Surgery?

Oral surgery is the removal of a tooth or the repair of bone and/or gum damaged as a result of trauma.

Routine tooth removal can be handled in office by your dentist. More serious cases, like the removal of impacted wisdom teeth or the repair of damaged gums and/or jaws must be done by a board certified oral surgeon.





Dental Emergencies

What are common Dental Emergencies and how should I handle them?

A common dental emergency are those cases where you are in acute pain where the pain is caused from an impacted wisdom tooth, deep decay or a fractured or otherwise damaged tooth.





Preventative Care

What is the cause of tooth decay?

Tooth decay is caused by allowing too much sugar and/or acid in your diet and allowing too much bacteria to remain on your teeth.

Tooth decay is bad because it will progress and drive to the center of your tooth. Tooth decay, if left unchecked, can result in serious cases of pain, infection and a threat to a p



People that don't brush and floss regularly or participate in preventative dental care programs are at higher risk for developing serious cases of tooth decay.



Preventative Care

How many times a day should I floss?

We advise our patients to floss as often as they eat.

For optimal dental health, you should floss and brush after every meal.





Preventative Care

How often should I have my teeth cleaned?

Most healthy patients should have their teeth cleaned every 6 months.

Some patients, particularly those with advanced periodontal disease need to have their teeth cleaned more regularly.





Preventative Care

What is a Dental Sealant?

Dental sealants are thin plastic coatings that are applied to the grooves on the chewing surfaces of the back teeth to protect them from tooth decay.

Most tooth decay in children and teens occurs on these surfaces. Sealants protect the chewing surfaces from tooth decay by keeping germs and food particles out of these grooves.



Dental sealants do not eliminate the need for fluoride treatment.

Fluorides, such as those used in toothpaste, mouth rinse, and community water supplies also help to prevent decay, but in a different way. Sealants keep germs and food particles out of the grooves by covering them with a safe plastic coating. Sealants and fluorides work together to prevent tooth decay.



Contact Us to Schedule Your First Appointment.

978-443-3111

We hope you found this guide useful.

If you have more questions or would like to schedule an appointment, please do not hesitate to contact us directly.

Thanks for considering our practice.

Sincerely,

Dr. Spada



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Office Hours:

Mon: 8:00 AM - 5:00 PM

Tue: 10:00 AM - 7:00 PM

Wed: 8:00 AM - 5:00 PM

Thur: 8:00 AM - 5:00 PM

Fr: Closed - Except

Emergencies

Sat: 8:00 AM - 12:00 PM

Sun. Closed - Except

Emergencies