

Dental Chatter

Dr. Carolyn's Corner

Welcome to learning about new technology and embracing the future. You now have more choices at Millard Oaks Dental. Unfortunately I am still the only dentist, so you are stuck with me.

We have exciting new technology in the office where we can provide cost AND time effective restorations in the office.

CEREC is a milling/CAD-CAM technology that will provide onlays, inlays and crowns while you wait in the office.

This eliminates the follow up seat appointments for crowns

No more making another appointment to seat the crown. Using CEREC you will have just one appointment.

Benefits of CEREC are single visit appointments, no gooey impressions, great tooth like material and a stronger restoration option.

Another plus of CEREC is you can watch your tooth getting made. The milling machine is housed in the office. I highly recommend viewing this process, it truly is an unforgettable process.

Next time you are in for your appointment please ask the staff about CEREC and we

would happy to show you the cases and new technology.

Sincerely,

Dr. Taggart-Burns



Appointment Roll Call

We strive to do our best to reserve you an appointment time that works with your schedule. We realize that with your busy lives, your time is valuable.

Many of you know that certain appointment times fill up faster than others. We do request a 24 hour notice if you are unable to keep the appointment.

We realize that there are circumstances beyond your control that may cause you to cancel your appointment.

Dr. Taggart's chair time is valuable. A missed appointment time could have been offered to another patient that was anxious to get in that week.

Please note that missed appoint-

ments (meaning you failed to show up for your scheduled appointment time) will be charged \$50.00.

Thank for being considerate and giving the office proper notification if you are unable to keep your appointment.

We are sure the patient on the waiting list thanks you for the opening!

Referrals & Reminders & Website

The office would like to extend our sincerest **THANK YOU** to each and every one of you who has been so kind with your referrals.

We greatly appreciate the confidence you show in us by referring your friends and family.

As always, the staff strives to do its best to make everyone feel comfortable and enjoy their dental visit with Millard Oaks

Please remember that we do give appointment reminders by email. If you would like your appointment reminder sent via email, please send your email address to info@millardoaksdental.com.

Be sure to check out the website, www.millardoaksdental.com as we have made some minor but exciting updates. Remember if you don't have time to read the newsletter at home, it is on the website.

Special points of interest:

- *Just the Facts*
- *Getting to know us!*
- *Dental Fun Facts*
- *Mark your calendars*
- *Another Zoom Winner*
- *Teeth Whitening in 2 Hours*
- *CEREC*

Just the Facts

Q: How often should I see the Dentist for a check up and cleaning?

A: Most children and adults should see their dentist for a regular cleaning and check up every six months. People at a greater risk of oral diseases should have dental check ups more than twice a year. Tobacco and alcohol use, diabetes, pregnancy, periodontal and gum disease, poor oral hygiene and certain medical conditions are some of the many factors that your dentist takes into consideration when deciding how often you need your dental cleaning and check up. Going to your regular check ups will help to keep your gums and teeth healthy as well detect any early problems such as gum disease, oral cancer and cavities. The best way to maintain good oral health is to visit your dentist on a regular basis.

Dental problems do not get better or go away without treatment.

If your dentist gives you a treatment plan for dental work that you need to have done, you should focus on getting your teeth fixed as soon as possible. Even cavities continue to get bigger. If they get big enough to reach the nerve in your tooth, your only options would be to have a root canal or have the tooth extracted.

Q: What is a root canal?

A: A root canal is a dental procedure to fix a tooth by removing the pulp chamber of the tooth and filling it with a suitable filling material. A root canal is usually performed when the tooth cannot be filled or restored any other way because the decay has reached the nerve of the tooth or the tooth has become infected.

Getting to know us!

In each newsletter we are going to feature one of the staff members so that you get to know us outside the dental office.

Our featured staff member this quarter is Liz, RDH.

We tease Liz that she is the social chair of the office. She has one busy schedule! She works part-time for us on Tuesday and Wednesday and part-time for another dental practice in the area.

When she is not working she is busy traveling. She has already taken six trips this year. It is

always a delight to hear about her latest trip! Please ask her, she loves to share her stories!

Liz also enjoys working out. She took 2 boot camps this summer as well as running a couple 1/2 marathons.

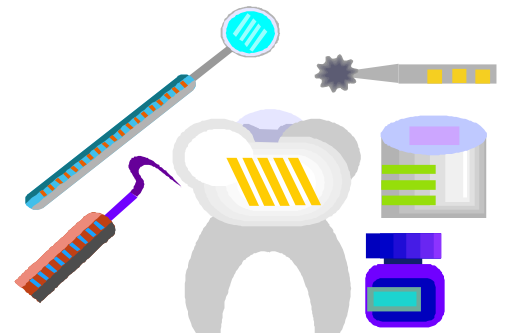
If Liz has any free time she is spending it with her friends and family and significant other.

Liz is the second oldest of six kids in her family. All of her siblings are either graduates or attending Creighton University. The Bluejays are near and dear to Liz's family!



Dental Fun Facts!

- The second most common disease in the United States is tooth decay. The first is the common cold.
- If you're right handed, you will chew your food on the right side. If you're left handed, you will tend to chew your food on the left side.
- Each person's teeth is unique—much like fingerprints—even in identical twins.
- More people use blue toothbrushes than red toothbrushes.
- 38.5 days = the total days an average American spends brushing teeth over a lifetime.



Mark Your Calendars

Please be sure to get your appointments made before the end of the year so you can use up any remaining dental benefits you may have left.

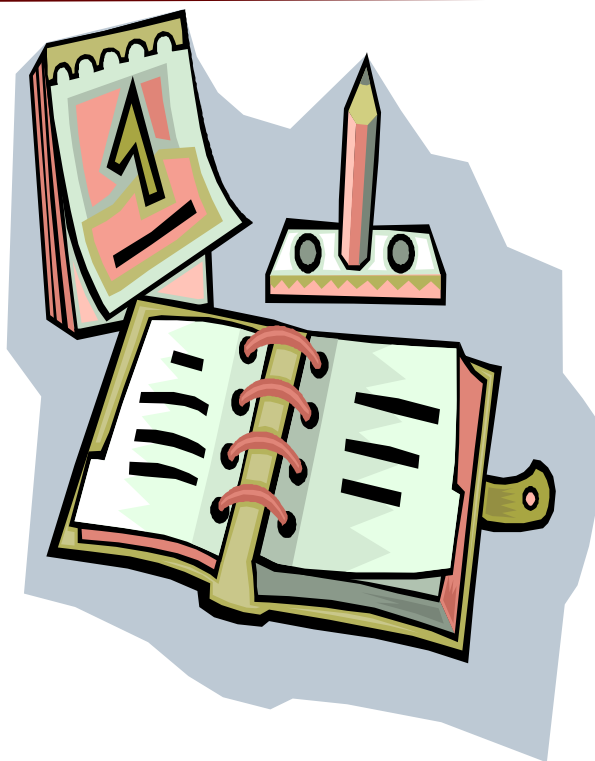
Dr. Taggart will be taking several CE courses and CEREC training so there are few Fridays that the office will be open for appointments. Please be sure to mark your calendars the days the office will be closed.

Remember a staff member will be checking messages so if there is an urgent issue, Dr. Taggart will be notified and your call will be returned.

PLEASE inquire about the classes and courses Dr. Taggart is taking as she loves to pass along the latest and greatest information that she is learning to provide better service to her patients.

The office will be closed on the following days:

- Friday October 16th
- Thursday November 12th
- Friday November 13th
- Friday November 20th
- Friday November 27th
- Thursday December 24th
- Friday December 25th
- Thursday December 31st
- Friday January 1st



ANOTHER FREE ZOOM WINNER!

This is your last chance to enter into our FREE ZOOM! package.

Our most recent winner Dawn was thrilled to have won such a fabulous package. This package includes the ZOOM! whitening session, bleach trays for touch-ups, and four tubes of bleach. This package is valued at over \$550.00.

Please be sure to ask the staff how you can enter the drawing for this fabulous give-away. Only 1 more drawing before the end of the year.

Please remember that you must be at least 18 years of age to enter this giveaway!

Teeth Whitening in 2 Hours? Try ZOOM!

ZOOM! is an in-office two hour whitening technique that uses an intense light to activate the solution.

The ZOOM! procedure uses 25% hydrogen peroxide as its active ingredient. The light applies a specific spectrum of light to activate the solution. In about 2 hours ZOOM! achieves the same results as two weeks and many hours of home whitening. As with any tooth whitening product, composite, porcelain, and other restorations can be

replaced to match the new tooth shade. Proper preparation must be done to make the procedure safe and effective. The teeth must be free of disease, and clean from plaque and tartar. No patients have experienced side effects after whitening. Tooth sensitivity has occurred but usually subsides after a few days.

ZOOM! is not recommended for pregnant or lactating women, or patients with a strong gag reflex due to the mouth isola-

tion necessary.

For patients that want white teeth instantly to avoid having to wear bleach trays every night for two weeks, ZOOM! is the answer.

Be sure to inquire at your next cleaning for an entry form so you can be entered to win this fabulous giveaway.

(The ZOOM! packages includes bleach trays).



Office Information

Millard Oaks Dental

6909 South 157th Street

Suite C

Omaha, NE 68136

Phone: 402-891-9000

Fax: 402-891-6781

www.millardoaksdental.com

Office Hours

Monday 7:30 am to 5 pm

Tuesday 7:30 am to 5 pm

Wednesday 7:30 am to 5 pm

Thursday 7:30 am to 12 pm

Friday 7:30 am to 3 pm

Office Staff

Dr. Carolyn Taggart-Burns

Larissa Dental Assistant

Marjean Hygienist

Liz Hygienist

Kori Office Manager

CEREC

CEREC is a dental restoration product that allows dentists to produce an indirect ceramic dental restoration using a variety of computer assisted technologies, including 3D photography and CAD/CAM.

CEREC means CERamic REConstruction.

With CEREC, teeth can be restored in a single sitting with the patient, rather than the multiple sittings required. The dentist prepares the tooth as crown, inlay, onlay or veneer. The tooth is then coated with a white powder, imaged by a 3D imaging camera and uploaded to the CEREC computer. Using the CEREC software in various modes, a restoration can be designed to restore the tooth to its appropriate form and function.

This data on this restoration is stored in a file and is sent to a milling machine. The restoration can then be milled out of a solid ceramic or composite block. Milling time varies from as little as four min-

utes to as long as twenty depending on the complexity of the restoration.

The advantages of using CEREC:

- Patients only have one appointment, as opposed to two appointments for a traditional crown. This also reduces the number of local anesthetic injections (shots) needed.
- More conservation of tooth structure.
- Stronger Porcelains-miller ceramics is stronger than hand layered and pressed.
- Esthetics-homogenous porcelain blends in better than other porcelain.
- Natural-ability to copy what was there previously can yield restorations that are duplicates of the repaired-tooth.



CONGRATULATIONS to Marjean and John as they tied the knot on September 18, 2009 in Lake Charles, Louisiana!