

## **Options**

This folder contains various photographs of treatment methods/modalities to restore teeth. It is not all inclusive, but shows some of the basic issues that occur or are done to correct teeth. It is up to a trained dentist to diagnose and treatment plan your needs. At times, we can simply fill or re-fill teeth with metal or plastic tooth colored restorations. At other times, it will be necessary to perhaps crown (cap) a tooth. While for some teeth, advanced methods to restore teeth are sometimes needed such as root canal treatment, surgical procedures, and/or other procedures thereof to restore the dentition. Finally, some teeth cannot be saved and extraction makes better sense (with a graft commonly advised to aid with future implant replacement). This may mean that patients can have their tooth replaced with a dental implant or perhaps an implant supported prosthesis of some sort. Finally, other patients may elect to wear either a transitional interim denture (flipper), a complete denture, or a removable partial denture. Doctor Kiser can answer many of your questions pertaining to various modes of care. It is important to know that treatment planning and approaches to care for kids and teens, their treatment plans will often vary from that of the adult. As you can see, restoring the oral structures/teeth can be a simple project or an involved project and so it is always important to direct any questions you may have with a trained dentist.

## **Maintaining Your Dentition, Restorative Care Rendered, or Devices Installed**

It would be wise to have and maintain good oral hygiene care at home (brush, floss, and rinse), have regular check-ups, not smoke, and live a healthy lifestyle with a healthy diet so that teeth can endure. Smoking and eating an inappropriate amount of carbohydrates causes many patients to have problems with their teeth...talk to a dentist about these issues if you are not well informed about these matters. It is my opinion and others, that one of the main reasons that many patients have problems with their dentition and supporting structures, oftentimes is a result of smoking. "Smokers Bone Loss" a.k.a. periodontal disease is an issue that causes accelerated structural loss of bone and supporting structures of the roots of the teeth. Also, smoking is a factor participating in dental decay patterns that we see. It helps to amplify decay issues related to carbohydrate abuse (sugars/starches). Drug abuse, smoking, sugar/starch consumption patterns all lead to accelerated dental decay patterns. If you have concerns it is encouraged for you to talk to us about these issues.

## **What Causes Dental Decay?**

Drug abuse, alcohol consumption, and smoking can obviously directly or indirectly be a part of your dental problems with decay (caries), gingivitis, and periodontal disease. This can also create problems with dental implants and additionally lead to root canal problems. It is not usually acceptable to blame your decay or problems on being pregnant and losing all the calcium in your teeth to your babies or that your parents had bad teeth and so must you. Becoming accountable for dental decay or other dental/bone problems is imperative if one's situation is going to improve. It is okay to have a pop or a candy bar or snack of some sort to treat yourself. It is not okay to nurse a baby bottle with fruit juices that indeed do contain sugar or milk with its sugar, all day or all night. It is not okay to eat sweets or sip on pop all day long. It is not okay to sip on sweetened iced tea, all day long. Have a sugary beverage, have a sweet treat, but do not eat one, then have another, then another and then another....all day long. Constant carbohydrate resources in your mouth leads to the bacteria using this and turning these food/drink resources in to lactic acid and other components to promote further events that lead to dental decay. Also, brush before going to bed! If you need further education to raise your awareness we can help.

## **Name Some Carbohydrates**

**Sugars** (dextrose, glucose, fructose, maltose, (sweets), etc...)

*(diet pop does not have sugar in it, but probably has another set of risks)*

**Starches** (rice, wheat/flour/breads, oats, potato, tapioca, corn, etc.)

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*\*pop, candy, ice cream, milk, chips, cheetos, fritos, crackers, cereal, pop tarts, donuts, sweetened tea or coffee, pastries, fries, jelly, honey, fruits, juices, punches, booze....all of these types of things are carbohydrates and if overly consumed leads to problems with dental decay.*