



Patient Referral Program:

Thank you to all our wonderful patients for referring their family, friends and co-workers to our dental office!

We appreciate your confidence and trust!



Wiseman Dental



Summer is an important time to refresh our batteries and pamper ourselves. It is a great time to get your smile ready for an upcoming vacation or event!

Please call our office to discuss teeth whitening options or cosmetic procedures to get your smile "picture perfect!"

We wish you an enjoyable, healthy and safe summer!

7 Tips for a Healthy Summer



**Eat Berries:** They are rich in antioxidants and fiber which may help prevent illnesses.

**Reduce Stress:** Plant a garden, take a walk by the ocean, or read a book outside while looking at the beautiful summer scenery.

**Floss Daily:** To improve your gums and oral health, try flossing while watching TV or a movie.

**Protect your Eyes:** It's important to wear protective sunglasses outdoors to minimize harmful sun rays.

**Sleep Well:** Establish a good daily sleep routine.

**Limit Alcohol:** It can cause dehydration and heat exhaustion as well as impact your judgment while driving and during outdoor physical activity.

**Schedule Vacation Time:** Multiple benefits include lowering your blood pressure, heart rate and stress hormones. Take time to unwind and do things that you enjoy!

The Spotlight on...  
**GUM DISEASE**

Many adults in the U.S. currently have some form of gum disease. It can range from simple gum inflammation to a more serious disease that can cause major damage to the soft tissue and bone which support the teeth. In a worst case scenario, teeth become loose and fall out. Gum disease can be stopped, slowed down, or can get worse depending on how well you care for your teeth and gums on a daily basis and how often you see Dr. Wiseman for dental examinations and periodontal cleanings. [Learn more about GUM DISEASE on page 4...](#)

# SPORTS DRINKS AND YOUR DENTAL HEALTH



During the hot summer, a cool sports drink can be really refreshing! Athletes depend on these drinks to keep them hydrated and preserve their energy. However, studies have shown that when it comes to your dental health, these sports drinks can be just as harmful to your teeth as soda. Because of their acidic nature and high sugar content, sports drinks can wear away the enamel of your teeth and cause tooth sensitivity or tooth decay.

If you find it hard to stop drinking sports drinks, then follow these tips to help control tooth erosion:

- Drink sports drinks in moderation.
- Wait at least 30 minutes before brushing your teeth to allow softened enamel to re-harden.
- If you drink a lot of sports drinks, ask Dr. Wiseman if you should use an acid-neutralizing and re-mineralizing toothpaste to help re-harden soft enamel.



## Which toothbrush is better for you? Manual vs. Electric

The idea of a toothbrush is to remove plaque and help stimulate the gums. Most toothbrushes will keep the teeth clean if you know how to use them! For years there has been a debate about which toothbrush is better; the old-fashioned manual toothbrush or the more modern electric style toothbrush.

According to the Academy of General Dentistry, the best toothbrush that you can buy is the one that you will actually use. That's it. Yes, it's really that simple. **It's your choice!** Whatever works best for you and helps you achieve good oral health is the one you should select.

In case you are still undecided, here is a simple pros and cons list for each!

It's your  
choice!

### Manual Toothbrush Pros:

- Inexpensive
- Most have an easy grip handle
- Some come with a tongue scraper
- Easy to travel with

### Manual Toothbrush Cons:

- No built in timer to tell you when two minutes are up
- Some models can be difficult to hold onto firmly for people with arthritis

### Electric Toothbrush Pros:

- Most have larger ergonomic handles
- Some have built in timers that let you know when you have brushed for a full two minutes
- The feel and buzzing of an electric toothbrush feels good to a lot of people

### Electric Toothbrush Cons:

- Some can be quite expensive
- Most require charging or battery replacement
- Not as easy to pack for travelling

# DENTAL EMERGENCIES



## **Toothache**

**First, thoroughly rinse your mouth with warm water. Use dental floss to remove any lodged food. If your mouth is swollen, apply a cold compress to the outside of your mouth or cheek. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue.**

**Call the dentist as soon as possible!**

## **Permanent Tooth Knocked Out**

**Do not wipe the tooth clean. Place the tooth in a glass of milk, if possible.**

**If milk is not available, use a wet napkin or cup of water. It is important to see the dentist immediately! Sometimes, if the tooth is placed back in its socket soon enough by your dentist, the tooth can be saved. Time is critical in this situation!**

**A baby tooth should not be reinserted in the mouth. Control bleeding with a clean piece of gauze and apply ice to the lip near the spot where the tooth fell out.**

## **Broken and Chipped Tooth**

**Remove the fractured piece of tooth to prevent choking and don't chew on anything hard. Call your dentist immediately! Some teeth can be repaired with bonding material. More severe cases may need to be crowned. If the tooth has broken into the nerve, the tooth will need root canal therapy and a crown, or it will need to be extracted.**

## **Loose Tooth**

**If you were hit by an object, call your dentist immediately! Depending on the severity of the blow, your dentist may let the tooth "tighten-up" on its own, or may bond the tooth to the uninjured teeth next to it for support until it heals.**

**The tooth may turn dark and/or abscess after an accident. That may happen immediately, or it could be years later. If the tooth does eventually abscess, it will require an extraction or root canal therapy and a crown just like any other abscessed tooth.**

## **Lacerated (Cut) Lip or Tongue**

**Control bleeding with a piece of gauze by applying light pressure. Wrap ice in a paper towel or gauze and apply to lip or tongue. Please make sure not to put a piece of ice directly on your lip or tongue because it will stick to it and hurt more! If the wound is severe or doesn't stop bleeding, call your dentist or go to the Emergency Room at the hospital immediately. The wound may require stitches to stop the bleeding, prevent infection and to help it heal properly.**

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## Dental Humor



### Risk Factors for Gum Disease:

- Smoking
- Hormonal Changes in Girls/Women
- Diabetes
- Medications which cause abnormal overgrowth of gum tissue
- Genetic Susceptibility

### Do I Have Gum Disease? Symptoms can include the following:

- Bad breath that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth or sensitive teeth
- Receding gums or longer appearing teeth

## GUM DISEASE Continued...



Our mouths form plaque (colonies of bacteria) everyday. The longer plaque and tartar are on teeth, the more harmful they become. The bacteria cause inflammation of the gums that is called "gingivitis." With gingivitis, the gums become red, swollen and can bleed easily. Gingivitis is a mild form of gum disease that can usually be reversed with daily brushing and flossing, and regular cleanings by Dr. Wiseman.

When gingivitis is not treated, it can advance to "periodontitis." With periodontitis, gums pull away from the teeth and form spaces called "pockets." Bacteria invade these pockets and cause the gums to become infected. As a result, bone and connective tissue that hold teeth in place start breaking down. If not treated properly, the bones, gums, and tissue that support the teeth can be destroyed and teeth may become loose or have to be removed.

**There are a number of ways that Dr. Wiseman can treat gum disease in his office.**

### 1. Deep Cleaning with Scaling and Root Planing:

A very thorough periodontal cleaning removes plaque and tartar (hardened plaque) from the teeth both above and below the gum line. Roots are cleaned and smoothed in order to break up bacterial gathering spots. Many times our dental laser can be used for this procedure which can result in less bleeding, swelling and discomfort. In addition, healing time can be quicker too!

### 2. Medications:

Depending on how advanced the gum disease, there are different options that Dr. Wiseman will suggest and use.

<b>Rx antimicrobial mouth rinse</b>	Used like a regular mouthwash to control bacteria when treating gingivitis and after gum surgery
<b>Antiseptic "chip" or Antibiotic gel</b>	Either option is beneficial and is inserted into pockets after scaling and root planning to control bacteria and reduce the size of periodontal pockets
<b>Oral antibiotics</b>	For short term treatment of an acute or locally persistent periodontal infection

### 3. Surgical Treatments:

If inflammation and deep pockets remain following treatments through scaling, root planning and medication, then surgical treatments like Gum Flap Surgery or Bone and Tissue Grafts may be necessary. For more information about your surgical options, ask Dr. Wiseman at your next dental visit.

**Remember: It's Easier to Prevent Gum Disease than to Treat it!**