

# Smiles & Implants Plus

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## Dr. Wiseman's Words of Wisdom



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### Happy Spring



Now that the winter months are behind us, it's time to get back into shape! Spring time is a wonderful opportunity to get your dental examination and cleaning as well as obtain any dental treatment you may have been putting off. We are proud to provide you with many services to make your dental experience more comfortable and pleasant. We care about your oral health and overall well being. If you have any concerns at all about your dental health, or have any questions about cosmetic dentistry options, please be sure to give us a call or mention them at your next dental visit.

We look forward to seeing you soon!  
*Dr. David Wiseman and Staff*

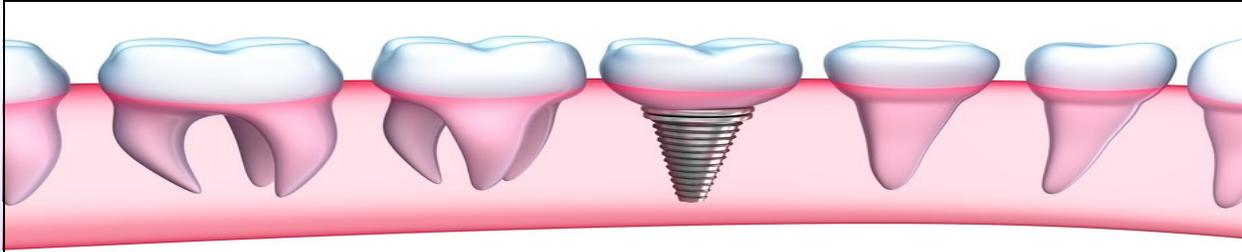
### Holiday Office Hours

Please schedule your dental appointments accordingly.

Our dental offices will be **CLOSED** on the following dates:

May 29-June 1  
July 4

**Happy Holidays!!!**



## Caring For Your Dental Implants

Taking good care of your dental implants is vital for long-term success.

With proper home care and professional maintenance, your new teeth can last a lifetime. Caring for your dental implants is similar to taking care of your natural teeth. Brushing twice a day, flossing and using an antibacterial mouth rinse will improve your oral hygiene and keep your dental implants healthy. While replacement teeth can't get cavities, they are subject to the same wear-and-tear as natural teeth.

It is *very important* to visit Dr. Wiseman at least twice a year to monitor the health and stability of your dental implants. Professional dental cleanings will help protect gum and bone health around the implants. It is crucial that the surrounding natural teeth and gums remain healthy as well as to not affect the health and longevity of the dental implants.

If you are a smoker, have diabetes, or a genetic predisposition for gum disease, you may need to have more frequent visits for dental cleanings. If your gums are swollen, puffy or bleed when you brush, please schedule an appointment so we can give you recommendations on how to improve your overall dental health.

If you are considering dental implants for yourself or a family member, schedule a *Free Consultation* with Dr. Wiseman to discuss your dental implant options!

*Thank you for your confidence in our services, and for referring your friends, family and colleagues to our dental offices.*

## BEAUTIFUL CROWNS WITH **CEREC**<sup>®</sup> ONE-VISIT DENTISTRY

- one visit
- no impressions
- no temporaries
- metal-free
- highly aesthetic
- long lasting



Many of our patients have been fortunate to experience the amazing technology we have at our Cedarhurst office, known as CEREC. This sophisticated computer technology is used to design and fabricate dental crowns so they can perfectly integrate into your smile! Patients don't have to go through the hassle of messy impressions or temporary crowns. Permanent metal-free and esthetic crowns are designed, milled and glazed in about an hour in our office.

While you are relaxing watching your favorite television show on Hulu or listening to relaxing music on Pandora, your dental crown is being prepared to perfection.

This process saves you time and money! No need to take extra time out of your busy schedule for multiple appointments.

We value your time and want to make our services convenient for you!

Talk to us at your next visit if you want to hear more about this fantastic service and spread the word to your family and friends who may benefit from this time saving technology.

**Schedule Your Next Dental Appointment Online at:  
[Wisechoicedental.com](http://Wisechoicedental.com)**

**Select the office you want to visit and the day and time  
that is suitable for you!**

# E-Cigarettes As Harmful As Tobacco?



Electronic cigarettes are often marketed as a safer alternative to conventional cigarettes. However, new research suggests that vaping (inhaling vapor into the lungs) may be just as harmful as smoking when it comes to your oral health. The chemicals present in electronic cigarette vapor were shown to be equally as damaging, and in some cases even more damaging to mouth cells as tobacco smoke. Many oral health problems can arise from electronic cigarettes, such as gum disease, tooth loss, and mouth cancer. It's important to make good decisions and smart choices. Keeping your body healthy includes protecting your oral health!

## **WHEN TO SEE THE DENTIST WHILE PREGNANT**



### **First Trimester (Weeks 1 – 12)**

We do not recommend cleaning or periodontal treatment at this time, except in cases of a dental emergency, such as severe pain, bleeding oral/facial swelling or fractured teeth.

### **Second Trimester (Weeks 13 – 27)**

This is the safest time for periodontal therapy (teeth cleaning) to reduce the amount of harmful bacteria in your body that may lead to gingivitis and other conditions. Emergency treatment and urgent care (treatment to prevent dental emergencies) are also best performed in the second trimester.

### **Third Trimester (Weeks 28 – Birth)**

We do not recommend cleaning or periodontal treatment at this time, however in some cases we may recommend periodontal therapy until week 32 of pregnancy. As throughout pregnancy, dental emergency treatment for conditions such as severe pain, bleeding oral/facial swelling or fractured teeth will be provided.

***If you are pregnant, or believe you might be pregnant,  
let us know so we can ensure you receive proper care.***