

Smiles & Implants Plus

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Dr. David Wiseman's Words of Wisdom

Happy Holidays

The beginning of another year is quickly approaching. We pray for a year of health, happiness and peace in the world. We want to express our gratitude and appreciation to our fine family of patients. Thank you for your commitment and loyalty to our practice. We enjoy providing you with top quality dentistry and educating you on how to achieve optimal oral health.

Thank you for referring your family, friends, neighbors and co-workers to our dental offices. It is the best compliment we can receive!

Wishing you and your family a wonderful holiday season!

Dr. David Wiseman and Staff

It's time to schedule your end of the year dental appointments!

Annual maximum insurance benefits typically end on December 31st. Call our office or schedule online at wisechoicedental.com

Need help maximizing your dental benefits? Give us a call. We are here to assist you!

Use
it **or**
Lose it!



RELIEF FOR EXTRA SENSITIVE TEETH THIS WINTER.



During the winter months, tooth pain can sometimes increase. The cold air and freezing temperatures can affect the teeth causing them to become increasingly sensitive. Here are some tips to help protect your teeth and reduce the risk of uncomfortable tooth pain during the winters.

Don't Over Brush – Brushing teeth too often can wear away the enamel and actually damage the surface of the tooth. Using a soft tooth brush can also help!

Use A Different Toothpaste – Use a toothpaste that contains fluoride or try one that is specifically formulated for sensitive teeth.

Reduce the Amount of Acids and Sugar in Your Diet – Acids and sugar can damage the surface of your teeth and break down the delicate enamel that protects them.

Breathe in Through Your Nose – Breathing through your nose prevents the cold air from hitting your teeth while exhaling through your mouth allows the air from the lungs to keep them warm.

Warm Beverages – Sipping on a warm beverage can keep the teeth from becoming too cold, especially if you are going to be outside for several hours at a time.

Visit Your Dentist Regularly – Regular visits to Dr. Wiseman for check-ups and routine fluoride treatments will also help to protect your teeth throughout the winter months.

Use a Mouth Guard – Wearing a mouth guard when you are going to be outside for long periods of time will prevent you from forcing your teeth together while you work and keep them from clicking together if your teeth begin to chatter from the cold.

PUMPKIN POWER



Health benefits related to consuming pumpkin are plentiful. This vitamin-packed fruit is beneficial for your overall health and can actually protect your teeth! Pumpkin provides the following nutrients:

Zinc: Zinc plays a key role in healing damaged soft tissues inside your mouth. Gum health can be restored with the consumption of Zinc. Zinc is also considered an anti-plaque agent and is added to toothpaste to prevent buildup.

Vitamin A: Vitamin A aids in the flow of saliva, which is key for washing bacteria from the mouth. It also plays a key role in healing soft tissues.

Vitamin C: Vitamin C is key for maintaining a healthy immune system and fighting off infections. It's good for your mouth and your overall health.

Magnesium: Magnesium and calcium work together to create strong, protective enamel that can resist decay. Without the proper amount of Magnesium in your diet, your enamel becomes soft and susceptible to cavities.

Fiber: Pumpkins are packed with fiber, which is important for maintaining excellent overall health. Fiber helps with weight control, and fiber-rich foods help stimulate the flow of saliva, which is your best natural defense against tooth decay.

No Dental Insurance? No Worries!

We offer our very own Wise Choice Dental Savings Plan for Individuals, Couples, or the Whole Family.

One Low Annual Membership Fee Covers All Your Diagnostic & Preventative Needs.

All Restorative Procedures are Discounted 15-20%
Talk to Us About Joining for 2018!

SINGLE VISIT CROWNS



We know your time is valuable. That is the reason we invested in CEREC digital technology and have been performing one visit dental crown restorations for over 13 years. CEREC in-house crowns allow for a faster experience when you need crowns placed or restored. CEREC is a revolutionary way to restore damaged teeth in a single visit. CEREC delivers the results you need right here in our office, without the need for messy, uncomfortable impressions or multiple visits. Making your teeth beautiful, stronger than before, and saving you valuable time. ASK US IF CEREC IS RIGHT FOR YOU!

HEALTHY WINTER SNACKING

Kiwi: This funny little fruit has the highest amount of Vitamin C of any fruit, including oranges! Vitamin C is needed to keep your gum tissue healthy and strong.

Sweet Potatoes: You should add sweet potatoes to your regular diet. These tasty spuds are rich in Vitamin A, which your body uses to form tooth enamel and heal gum tissue.

Cheese: Munching on some cheese helps prevent gum disease and cavities. Cheese is very high in calcium and phosphate, which help to balance the pH levels in your mouth. This in turn helps to preserve your tooth enamel and kill harmful bacteria.

Green Tea: Sipping on some green tea can not only help prevent cavities and gum disease, it can also kill the bacteria that cause bad breath. Green tea has catechins, which actually kill the bacteria that cause plaque.

Celery: When you chew celery you produce saliva. Your saliva neutralizes cavity causing bacteria. Also, while you are chewing, it is giving your gums a little massage and cleaning between your teeth.