



David P. De Rosier D.D.S., Inc.

Preventative, restorative,
cosmetic dentistry.

Because with the right care,
your teeth *can* last a lifetime.

De Briefs

— A newsletter for our quality-conscious patients.

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From the Soapbox

I don't consider myself an "early adopter" of technology, but when my colleagues come to our office, they comment on all the "latest technology," such as our soft tissue laser and digital panoramic x-rays. Our web site is another story. We put it up several years ago and let it sit. I am told we are now on "Web 2.0" and that it's time to update our site. So we are in the process of changing the format to match today's better computer screens and adding more photos and content, including our newsletters. Look for it soon. It is a great place to send your friends who would like more information about our practice. You can see the "latest" at www.drderosier.com.

— Dave De Rosier

Laser update

In our last DEBRIEFS we told you about our latest technology, a soft tissue laser. I am pleased to report that it is everything I had hoped it would be and more. The results we are getting are incredible. Fine precision and no discomfort, what could be better? We are continuing to expand our use of this exciting instrument to improve your care.

More technology

Two years ago, we shifted from film based xrays to digital. That has been a marvelous improvement in our ability to see what is going on in your teeth and jaws. The problem was that our panoramic xray unit was not "quite ready for prime time" to shift to digital images. Well, that time has come. We installed our digital conversion and now are taking very nice panoramic xrays. The unit turns around your head and shows the upper and lower jaws in one big film. These films are useful for evaluating development in growing children, assessing wisdom teeth position, and checking for any unusual problems in the jaws. And, like our regular xrays, we can now email them to specialists to prevent having to copy or retake them.

Early Dental Care

No, I don't mean brushing and flossing early in the morning (but you can if you want!) – I mean care for infants and children. Our last newsletter highlighted some research showing that pregnant women and new mothers who chew gum containing xylitol can help prevent the transmission of cavity causing bacteria to their children. In this issue, I'd like to focus on early dental care for children. It seems there has been a bit of a baby boom in our office recently!

In addition to the mother chewing the xylitol gum three times per day, a baby's teeth should be brushed as soon as they erupt. This is typically around six months, but can vary dramatically. (My daughter did not get her first tooth until she was one year old. As a nervous new dad, I was certain she had all kinds of genetic disorders. She's just fine!) All you need is a washcloth, finger cot, or infant tooth brush: infants should not be given toothpaste. When enough teeth erupt and start to touch each other on the sides, you need to floss those teeth that touch. If there is space around the tooth, a tooth brush is adequate to clean.



Sarah at one. Her first teeth were her "lateral incisors" - the ones next to her front teeth. You can't see them in this picture - but we called her "fang" for a while.



Early Dental Care, continued

After their first birthday, infants should visit a dentist. At our office, we enjoy seeing infants for their first visit to the dentist. The purpose of the visit is to screen for any developmental problems, assess the level of development and hygiene and, mostly, to educate parents about the best way to care for their child's teeth. Just like most adults, we will then see them at six month intervals. Our philosophy is to do whatever the child will let us do and still have fun. We don't want to create any fear of the dentist in them. There are far too many adults with those fears – which start with a bad experience as a child. By age three, we hope to be able to polish their teeth and apply a fluoride varnish to protect the twenty primary or “baby” teeth. That is also when we suggest supplementing with fluoride tablets to strengthen the permanent teeth as they develop inside the jaws.

Thankfully, in our practice, we don't see a great deal of early decay. According to the American Academy of Pediatric Dentistry (www.aapd.org), 40% of American children have tooth decay by age five, making tooth decay the most prevalent disease in children. If you would like to discuss this further, either for your children, grandchildren, or future children, give us a call.

Thank you for your referrals!

Thank you for sharing our philosophy of care with your friends and family! We truly enjoy the nice people that you recommend to us and want to encourage you to send us more. There is always room in our practice for your family, friends and co-workers.

Keeping current . . .

Here's a list of recent courses taken by Dr. De Rosier and staff to stay ahead of the curve:

- ◆ October 3, 2008 L.D. Pankey Study Club – Interdisciplinary Communication: Enhancing our communication with specialists in complex dentistry.
- ◆ September 23, 2008 San Diego Advanced Study Group – Treatment Planning: Improving our planning of implant restorations.
- ◆ November 5, 2008 San Diego Advanced Study Group – Interdisciplinary Dentistry: A full day with one of the best orthodontists in the world discussing complex orthodontic care to enhance our dentistry.
- ◆ December 9, 2008 San Diego Advanced Study Group – Legal Issues: A presentation by an attorney on legal documentation of care.
- ◆ January 20, 2009 American Academy of Cosmetic Dentistry – Tooth Replacement in the Esthetic Zone: New options for replacing teeth with a natural look.
- ◆ January 13, 2009 San Diego Advanced Study Group – Case Presentation: A member of the group brings a case and the patient for all of us to brainstorm a treatment plan. A very interesting evening!
- ◆ February 6 and 7, 2009 L.D. Pankey Study Club – TMJ/TMD Clinical and Behavioral Therapy: Two full days of studying facial pain treatment, culminating with demonstration on a patient.
- ◆ February 11, 2009 San Diego Advanced Study Group – Esthetic Predictability: A full day of learning how to improve esthetic care.
- ◆ February 24, 2009 San Diego Advanced Study Group – Mentor Night: Members bring cases from their practices for help in treatment planning.
- ◆ March 10, 2009 San Diego Advanced Study Group – Perio/Restorative Care: A presentation by two top clinicians on improving restorative care with periodontal microsurgery.
- ◆ March 25, 2009 3M Company – Lava Chairside Oral Scanner: An introduction to the next technological revolution: digital impressions. Instead of a tray full of impression material, a camera is used to take a 3-D picture of the teeth.

That's over 50 hours of learning towards improving your care.