



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

Learned Excellence

A few months ago, I attended a study club meeting. The speaker, a noted department chairman at Louisiana State University dental school, spent half the day showing us many of his “failures.” Yes, failures. Then, for the rest of the day, he demonstrated how he corrected them.

The term “dental practice” is very appropriate for the profession because there’s always something to learn. We learn by doing, seeing, and listening – sometimes to the same message over and over again. As I listened to the speaker and viewed the beautiful slides of his work, I realized that I already knew much of what he presented.

Dr. Pankey, the namesake of the Institute I attend, said, “We need reminding as much as educating.” Dedicating myself to significant hours of continuing education over many years has “sharpened my saw,” so to speak. But I can always learn more. It is this aspect of my profession that is so enjoyable. Aristotle summed it up best, saying, “Excellence is not an act, but a habit.” My promise to you is to continue the journey of excellence.

— Dr. Dave De Rosier

Extreme Makeover

The deluge of “reality” television has hit home at our dental office. Many of you have asked about some of the procedures you’ve seen on the “Extreme Makeover” show, and whether or not there’s a specialty in cosmetic dentistry.

While there’s no recognized *specialty* in cosmetic dentistry, being a member of the American Academy of Cosmetic Dentistry and other study clubs has allowed me to become a cosmetic dentistry *specialist*. The fantastic outcomes you’ve seen on the show are available to you, such as whitening, bonding, and veneers.

Before



After



With veneers, we were able to lengthen and re-shape teeth that had been shortened by grinding (the patient now wears a splint!).

If you or someone you know want to talk about an “Extreme Makeover,” please call the office for a complimentary consultation!

Doctor: When should my child get braces?



That’s my daughter, Sarah, who just started orthodontic treatment at the tender age of nine. Many of you have asked me why children are starting braces so young, and if it’s a good idea. The answers are: growth, and yes!

The “old way” was to wait until all the permanent teeth had erupted, when the child was eleven or twelve, and

then move the teeth into place. Unfortunately, these cases sometimes resulted in beautifully straight teeth shifting over the years. Those of you who had braces in the sixties or seventies and now have crooked teeth know what I’m talking about.

The “new way” takes into account the children’s growth spurts, and applies forces on the teeth to actually influence a child’s skeletal growth. For example, Sarah has an expander device on the roof of her mouth that is widening the bones of the upper jaw in order to make room for all her teeth. With additional orthodontic treatment, Sarah will have nice looking teeth *and*

a stable bite that won't change over time.

There's still a place for the "old way," as some situations are better left to treating when all the permanent teeth have come in.

These days, orthodontic treatment is about so much more than pretty, straight teeth. It solves a lot of developmental issues that can become a problem later in life. That's why you're starting to see a lot of adults wearing braces, now! An issue for another newsletter!

Why splints?

Are you one of my many patients wearing a splint? You know it works – but why? We thought this newsletter would be a good forum to answer some of your questions.

Why am I wearing a splint?

There are a lot of reasons. For all cases, your splint is designed to relax and protect. If you grind your teeth at night, we prescribe a splint to protect you from sawing your teeth down to nothing. If you're like my wife, Kerri, who is a clencher, the splint reduces the pressure on the jaw joints.

If you have problems with your occlusion (how your teeth fit and function), we prescribe a splint to relax the jaw muscles. This allows the jaw to get to its ideal position so we can decide how best to make your teeth fit together. The solution could involve orthodontics, restorations (see previous article), teeth adjustment, or a combination of these. When everything is in harmony, you have the greatest chance for long-term health and stability.

How do I take care of my splint?

Glad you asked! Like your teeth, your splint accumulates plaque, so you need to brush it. Soap or toothpaste works well, preferably with the denture brush we provided.

Keep it safe! Here are some common ways that people break their splints, and some tips to avoid having to replace them.

- 1. Breaking or losing it when you take it out:** If you remove your splint to eat, avoid wrapping it in a napkin that you can accidentally throw away, and don't put it unprotected into a pocket or purse, where it can break. We have new, slimmer cases: see if your splint will fit in one the next time you're here.

- 2. The dog!** Your dog loves you, and therefore loves your splint because it smells like you! When your splint is not in your mouth, keep it in its case in a place where your dog can't get to it. I've had to repair or remake several splints over the years because they became the world's most expensive "chew toys!"

- 3. The sink!** When brushing your splint, fill the sink with enough water to cover the bottom. Splints get very slippery when wet – and a porcelain sink wins over acrylic every time. Filling the sink with water creates a soft landing if you drop your splint.

Following these tips should prevent 75% of the problems that cause replacements.

A final note: I recently completed training in a slightly different splint that is thinner and doesn't intrude on the lips as much as a regular splint. For many of my patients, splints have become a real teeth saver. If you think you could benefit from one, let us know! We want you to keep your teeth for a lifetime!

Your dog
loves you,
and
therefore
loves your
splint.

E-mail confirmations

If you would like to receive appointment confirmations and our newsletter via e-mail, please send your e-mail address to drderosier@sbcglobal.net.

We will not accept appointment cancellations via e-mail.

Keeping current . . .

Here's a list of recent courses taken by Dr. De Rosier:

Sept. '03 – Newport Harbor Academy of Dentistry

How to have predictable esthetics for anterior teeth.

Oct. '03 - Newport Harbor

Research-based tips for choosing among a plethora of new materials and equipment.

Feb. '04 - CPR re-certification

Your dental team was re-certified on the latest techniques in CPR and emergency treatment. We hope to never use it!

Feb. '04 - L.D. Pankey Study Club

Mastering occlusal concepts using the Tanner appliance. Two days of hands on training to master this very useful tool. (See comments in the "Splints" article.)