

TOOTH TALK

THE NEWSLETTER THAT FILLS YOU IN!



INSIDE THIS ISSUE:

<i>Out of the Doctor's Mouth</i>	1
<i>Patients in the News</i>	2
<i>Replacing a Filling</i>	3
<i>Cancellation Policy</i>	3
<i>Referral Program</i>	3
<i>Tongue in Cheek</i>	4

OUT OF THE DOCTOR'S MOUTH

A Bright New Smile for a Bright New Year!

TRY TEETH WHITENING!

The quickest way to brighten your smile for the New Year is teeth whitening. There are several teeth whitening methods available, the most widely used being convenient take-home bleach trays. The trays can be used for several years and since you take them home, you control the whitening process and you



BEFORE **AFTER**

can "touch up" your smile without an office visit.

The Process. During a pre-bleaching exam we determine if there is any contraindication to bleaching, document shade and identify the nature of discoloration. An impression or plaster cast will be made upon which the pliable plastic tray will be formed. Custom fitting and trimming of the tray will increase comfort, effectiveness

and minimize side effects. The trays are worn several hours or overnight as the whitening occurs. Shade changes last 1 to 3 years. Once whitened it is easy to "touch up" and this re-treatment usually is shorter in duration than the initial process.

Safety. This form of bleaching has proven to be safe. The gel we use is ADA approved and fruit juice and sodas cause greater alterations to the hardness and mineral content of the tooth enamel. The gel is safe for dental restorations and is frequently used to whiten teeth to match a whiter restoration, and has not proven to be harmful to the tooth's nerve. Only use gel dispensed by your dentist, as there is documentation that over-the-counter whiteners adversely affect tooth enamel.

Side Effects. Temperature sensitivity and gum irritation can occur, but subside when bleaching stops (if you ex-



perience these with teeth cleaning you may not be a good candidate for bleaching). Side effects can be minimized by reducing the number of hours or frequency of bleaching, alternating days, removing excess gel from gums and using a special fluoride gel prior to the process.

Limitations. Discolorations more resistant to bleaching include stains from medication, unnatural tooth shades, enamel defect diseases and the darker root surfaces appearing from gum recession. Dental restoration can be used to improve the appearance and uniformity of a patient's smile in these cases.

OFFICE HOURS:

Monday: By appt. only
 Tuesday: 8:00 a.m.-5:00 p.m.
 Wednesday: 8:00 a.m.-5:00 p.m.
 Thursday: 8:00 a.m.-5:00 p.m.
 Friday: 8:00 a.m.-5:00 p.m.
 Closed 1:00 to 2:00 p.m. for Lunch

Holiday Greetings from the Staff!



During the busy holiday season it is easy to get caught up in the hustle and bustle of shopping, parties and decorating and forget to reflect on the year's accomplishments, the beauty and meaning of the season and the true gifts of our family, friends and community. My staff and I consider our patients one of our greatest blessings and we thank you for your patronage, friendship and loyalty. We wish you and your family many joyous holiday moments and a happy and healthy New Year. Warmly,

Victor

PATIENTS IN THE NEWS

Children's Bookstore on Windsor Town Green

Much like the sweet children's bookstore in the movie "You've Got Mail", **Storybook Station** on the Windsor Town Green offers children a safe haven to explore the joys of children's

books and music. In addition to selling children's books, music, educational games and toys, the owner, Clare Seche, says she plans on expanding the inventory of foreign language books appropriate for children. Clare, the mother of three children (triplets, Emma, Michael and Rachel, age 12, who help out in the store), is well versed in providing an appropriate venue to encourage children's enjoyment of music and reading. The store features storybook time in a corner of the store filled

with oversized stuffed versions of the Seven Dwarfs and child-sized chairs and has headsets available for the children to listen to music. Teacher discounts are offered.

Storybook Station is located on the Windsor Town Green at 816 McClelland Drive, west of Highway 101. The store opens daily at 10 a.m., and is open Monday through Saturday until 5:30 p.m. (except on Thursdays when the farmer's market is operating, when it stays open to 8 p.m.). The store closes early on Sundays at 4 p.m.



Claire Seche, friend Heather, and triplets Emma, Rachel and Michael.

Presenting Santa's New Elves!



William Bell-Hughes: 2 mos.



Jillian Jones: 3 mos.



Alyssa Geary: 4-1/2 mos.

Free Chamber Music Concerts

The **Russian River Chamber Music Society of Healdsburg** is offering world-class chamber music concerts in a variety of local settings on a **free-admission donations-welcome basis**. This season, dedicated to "The Art of the String Quartet", includes some of the world's brightest quartets and musicians. Concerts are family oriented and include a 1/2 hour interaction with the musicians, cookies and coffee at intermission and are followed by a wine and cheese reception at a local gallery to meet the musicians.

For more information contact:

www.russianrivermusic.org

Upcoming 2006 Season

PARISII: February 3, 7:00 p.m.

Our Lady of Guadalupe Church, Windsor. Music of Tailleferre, Brahms, Beethoven.

ETHEL: March 10, 7:00 p.m.

Healdsburg Performing Arts Center, Healdsburg. Music of Ethel.

MIRO: April 8, 7.00 p.m.

Healdsburg Community Church, Healdsburg. Music of Beethoven, Shostakovich, Schubert.

Local Events



REPLACING A FILLING

There is no perfect substitute for a natural, healthy tooth. A tooth that has decay will need treatment with a filling or other restoration depending on the extent of the decay.

A LARGE SILVER FILLING CRACKED ACROSS THE MIDDLE.



A dental filling may last many years before it needs replacing. However, fillings are subject to constant stress from chewing. Clenching or grinding teeth, frequently subconsciously, also puts tremendous force on fillings

and tooth enamel. All of these actions can cause a filling to gradually wear away, chip, crack or fall out.

A filling may eventually wear around the edges, or it may pull away from the surrounding tooth enamel, leaving a very small space between the tooth and the filling. This condition may allow bacteria to enter and cause decay around the margins (edges) of the filling. The bacteria cannot be removed once they enter the space. Often, the damage is not noticed because there are no symptoms until the decay reaches the nerve of the tooth.

At your regularly scheduled check ups your dentist can

determine whether existing fillings are intact, cracked or worn. Damaged fillings should be replaced promptly. Do not wait until the tooth hurts or the fillings falls out or the tooth cracks. This can complicate treatment and make it more costly, or you could possibly lose the tooth.



Old Silver Filling



New Composite Filling

Why Does

My Filling

Need to be

Replaced?

CANCELLATION POLICY

Appointments at our office are reserved especially for you. When a scheduled appointment is broken without sufficient notice or a patient fails the appointment it prevents us from treating another patient in need. In addition to sending recall cards, we also call each scheduled patient 48 hours and again at 24 hours prior to the appointment to remind them of their appointment and to confirm. If you are unable to make an appointment you have scheduled with us, please notify us 48 hours in advance. We would be happy to re-schedule an appointment at a more convenient time. We appreciate your cooperation with this policy and we look forward to continuing to meet your dental health needs.

REFERRAL PROGRAM

Join Our Referral Program and Win!

Refer a patient to our office and be placed in a drawing to win a \$100 gift certificate to a local restaurant. The next five names drawn will win a \$15.00 gift certificate to Starbucks. The referred patient will receive a free teeth whitening with a paid exam, x-rays and cleaning. The more patients you refer the better your chances.

Good Luck!

CONGRATULATIONS TO LAURIE ARMANINI

WINNER OF A \$100 DINNER AT :



A hearty thank you to the next 9 winners drawn:

Denise Cates, James Hakel, Korey Jones, Stephanie Meyer-Merrifield, Crystal Rose, Shohreh Semati, Dave Singh, Wallen Summers and Gary Warden
Enjoy Your Wolf Coffee Co. Gift Certificates!



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TONGUE IN CHEEK

Bring this completed Dental Word Teaser to your next appointment and receive a \$5.00 gift certificate to Starbucks Coffee. Good Luck!

Unscramble these five jumbled words one letter to each square to form common words

R T N W I E

□ □ □ □ □ □

L Y A O H D I

□ □ □ □ □ □ □

L I E C I C

□ □ □ □ □ □

S M A S

□ □ □ □

T G I H N

□ □ □ □ □

Now arrange the letters in the red boxes to form the surprise answer as suggested by the cartoon to the right.

What was the patient looking forward to after his teeth bleaching?



A "□ □ □ □ □ □ □ □ □ □ □ □ □ □"

Answer in next newsletter

Answer to last puzzle: "X-ray vision"

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ADDRESS CORRECTION REQUESTED

