



Soak Up The Summer

We hope all our patients are making the most of the remaining summer weeks! This is the season to soak up the sun, but it's also a time to look to the future. Remember to book back-to-school appointments for kids – more than 51 million school hours and 164 million work hours are lost each year due to dental disease! It's also important for young adults to take care of dental care before they go off to college.

The summer has been very good to us here at Future of Dentistry. Dr. Casazza recently began contributing to the Wakefield Observer newspaper's website. Available at www.WickedLocalWakefield.com, these columns provide unique insights into dental care. Future of Dentistry's column contains original content about oral health, and is designed to benefit people of all ages.

We have another "first" from Dr. Strock, who is participating in her first-ever Pan-Mass Challenge. You may already have heard of the PMC, because it's a major fundraising event. Thousands of people ride their bikes almost 200 miles in two days to raise money for cancer research and treatment! To learn more about Dr. Strock's efforts, check out our blog or our Facebook page at www.facebook.com/futureofdentistry.



Hope your summer has been as fun as Roman's!

fromthedentist The Dangers of DIY Dentistry

Don't Try This At Home



The "Do-It-Yourself" movement is trendy these days, but unfortunately, some people are applying the DIY approach to dentistry. There are countless home remedies and methods for dental care. The vast majority of these solutions are ineffective at best. At worst, they cause permanent damage your health and teeth.

Some DIY options seem outrageous, but sadly, there are people trying them all the time. Kids and young adults are especially susceptible. If you think "my kid would never do that," just look at the many YouTube videos of normal, well-adjusted kids trying crazy DIY methods!

DIY Extractions: Scarily enough, there are step-by-step instruction on the internet for how to remove a tooth at home. This is incredibly dangerous, and I can't emphasize it enough. Infection, gum damage and root damage are just a few of the possible consequences that can cause bodily and permanent harm.

DIY Braces: People are using rubber bands to close dental gaps and straighten their teeth. Viral videos are only making this trend worse, but dental alignment is right up there with extractions when it comes to things that should NEVER be tried at home. The risks are numerous: infection; tearing gums that may not heal properly; cutting off blood supply; and damaging the attachment between the tooth and gums, reducing support for the tooth and even leading to tooth loss.

DIY Whitening: Many home remedies have some combination of lemon juice, hydrogen peroxide or baking soda. The acidity of lemon juice can erode the outer layer of teeth. The occasional lemonade won't harm you, but repeatedly applying lemon juice to your teeth can be detrimental. Over-the-counter hydrogen peroxide won't get you the results you're looking for, and because it's not designed for dental use, you run the risk of accidentally ingesting too much. As for baking soda, the grittiness can be detrimental to your enamel, causing you more problems in the long run.

It's understandable to look for shortcuts to a better smile, but I strongly recommend you avoid methods and remedies that haven't been researched. The same is true of "too good to be true" deals offered by non-dental professionals. Your teeth and oral health are simply too important to risk.

Smile Makeovers

Do You Love Your Teeth? Do You Want To?



When you hear “cosmetic dentistry,” what do you think of? Whitening is the first answer for many people, followed by dental aligners like Invisalign. These are popular options for good reason, which is why we offer them. (It’s also why we extended our summer whitening offer, as you’ll see on the back page of this newsletter.) Cosmetic dental work, however, doesn’t begin and end with these treatments.

There are a variety of other cosmetic procedures that can dramatically improve your smile and how you feel about it. A good way to navigate your choices is to ask yourself what you want from your “smile upgrade.” It may be an isolated issue – receding gums or a single tooth that stands out in a way you don’t like. For other patients, there are a few issues they want to address gradually over time.

Once you’ve identified your smile priorities, the next step is determining how to reach your goal. The following is a guide to help you understand your cosmetic choices. These are some of most successful options for helping patients improve their smiles.

With a customized treatment plan, we can help you achieve the smile you want.

VENEERS: Dental veneers are thin, custom-made coverings of tooth-colored porcelain or resin for the front surface of the teeth. These shell-like coverings can change the size, shape and color of teeth, so they’re popular among patients looking to improve the overall appearance of their smile. Some of the issues that veneers can resolve are cracked or damaged enamel, crooked teeth and noticeable gaps between two teeth.

BONDING: With dental bonding, we apply a durable plastic material and harden it with a high-intensity light, bonding the material to the tooth. We trim, shape and polish the material. This process allows us to repair decayed, worn, chipped, cracked or misshapen teeth. It creates the appearance of a healthy tooth.

REPLACEMENT FILLINGS: If you have silver-colored fillings, we can use bonding to replace them with tooth-colored composite material. The resin mimics the natural appearance of your tooth, and we use color-matching so the new filling doesn’t look out of place.

IMPLANTS: This is the solution for many patients with tooth loss. We insert the implant to replace the root portion of a missing tooth. Then we fit the implant with a crown to create a natural-looking replacement for the entire tooth. The process allows the patient to transform a missing tooth into a long-term replacement that’s nearly indistinguishable from the surrounding natural teeth.

CROWNS AND BRIDGES: A crown fits over and replaces a damaged or decayed tooth above the gum line, restoring its appearance, shape, size and strength. Crowns, also known as caps, are functional because they prevent a cracked tooth from breaking, but they’re also used to cover misshapen or severely discolored teeth. Bridges combine crowns with a false tooth, allowing you to replace a seriously damaged tooth while also strengthening and improving the appearance of the teeth.

INLAYS & ONLAYS: For inlays and onlays, the material is fabricated in a dental laboratory to make the color matching more precise. Also called indirect fillings, inlays and onlays are attached to the teeth with dental adhesive. They strengthen teeth, restore their shape and prevent further deterioration or decay. This option is typically used when there isn’t enough tooth structure to support a filling, or if there’s mild to moderate decay.

GUM REPAIR: Gum recession can be caused by aggressive brushing, teeth grinding, periodontal disease, aging, tooth position and more. The appearance of the receding gum line often bothers patients who have this problem. A gingival graft restores the gum line to its proper height, improving the look of your smile while also preventing tooth decay and reducing sensitivity caused by exposed roots.



Bringing Your New Smile To Life

If you’re interested in improving your smile, call our front desk at 781-245-2299. Mention the “smile makeovers” you saw in the newsletter and we’d be happy to provide you with a **free cosmetic consult**.

Because cosmetic and restorative dentistry often overlap, some dental insurance plans cover select cosmetic procedures. There are also insurance plans that offer benefits for elective treatment, so it’s worth asking your employer’s HR department or your benefits provider.

If you’re uninsured, ask about Future of Dentistry’s Membership Program, which may be able to help you meet your smile goals.

Many patients also find that financing programs like CareCredit help them pay for treatment gradually – regardless of whether they’re insured.

There are many ways to help you achieve your “smile upgrade.” Our staff is happy to help you understand both the treatment itself and your financial options. We take pride in the fact that our staff never tries to “upsell” treatments that you don’t want or won’t benefit you.

Check us out on the web and social media!



Thank you for all your referrals. We appreciate them!

Office Information

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Office Hours

Mon/Tues/Wed	7:30 am – 7:00 pm
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Friday	7:30 am – 6:00 pm
Saturday	7:30 am – 3:00 pm

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See What's New!

SHINE FOR THE SUMMERTIME!



- ◆ 25% off laser whitening at Future of Dentistry
- ◆ 20% off your first highlights at Vanity Hair Salon
- ◆ Take advantage of either offer, or both!

Offers continue through Sept. 30, 2016.
Contact Future of Dentistry to learn more:
 Call 781-245-2299 or email info@futureofdentistry.com