



# TOOMEY DENTISTRY

Summer 2014

Smiles from the inside out!<sup>sm</sup>

## All Mouthguards Are Not Created Equal

If you or someone you know has a “bite” guard that looks like a sports mouthguard, then somewhere along the line, you have been told you grind or have a bite issue. However, those guards are never and have never been appropriate to treat this common dental problem. In fact, those bulky guards can actually increase muscle stress and cause your joint to be very unhappy, because your jaw is not only fighting your unbalanced bite, but a big guy in between!

Bite appliances come in several different types and all are smaller and more comfortable than sports guards. The type you are prescribed by Dr. Toomey will be determined based on what he is trying to achieve for you. Are your muscles simply stressed and need “deprogramming”? Or are you sliding your jaw a certain way when you sleep, making your muscles and joint unhappy, and tearing up your teeth in the process. Each guard is custom-made and fitted in multiple appointments, so that it does what it should do for you.

You should NEVER be given a guard that is not first adjusted, to ensure the proper fit. As your muscles begin to “chill out”, you will need to return for re-adjustments. For some people, that can be 1-2 weeks, for others, it could be in 4-5 weeks. Every case is individually considered for the best outcome for you and your jaw/tooth health!



Anterior Bite Plane



Tanner



B Split



Custom Sport Guard

## Food and Tooth Health

Why do we care about the foods you eat? Because depending on your diet, you may need more fillings, crowns or have trouble whitening. Acidic foods break down tooth enamel. Without your enamel, your teeth become more sensitive. They are also more translucent, which isn't pretty. Without enamel, your teeth are not as strong and are susceptible to bacteria invading them... aka CAVITIES. Cavities are active infection/pus in your mouth and if left untreated, will consume the tooth, cause pain and can cause blood infections throughout your entire body (funny how your mouth and body are linked up like that!).

Today, there are a few foods that have become very popular, but wreak havoc on your teeth: red wine, sports drinks and lime/lemon juice. Though wine and juice have some positive effects on your body, ingestion thru a straw (please don't do this at a winery!) would be the better way to ingest it. You can also brush soon after, or limit your overall consumption.

Sports drinks are horrendous! Unlike sodas, which are full of sugar and can cause the same destruction over time, sports drinks cut out the “middle man” and go right to tearing down your enamel, because they are so acidic. Water is always best to hydrate. Unless you or your child are playing sports in the Mojave Desert, or are fighting a severe case of the flu, electrolyte replenishment isn't typically necessary. Good old water does the trick and with positive effects on your teeth! Woo Hoo!



Have a June Fling with Our Office!

15% OFF Dental Procedures & \$100 OFF each Dysport, Restylane & Perlane.



\*Valid June 1 to June 30, 2014.  
\*Does not include Dental Cleanings  
\*Cannot be combined w/other discounts.

## Can I Have Your Attention

Please LIKE US on Facebook! Be sure that when you do, you drop-down from the LIKE button and click "Get Notifications". This lets you see our Specials, information and cartoons that we post every week or two. And even better, every time you "Like" us, your Facebook Friends see us too!



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Have you shared your email address with Amanda yet? Your email is kept private, so don't miss out on all of the great specials we offer throughout the year, as well as dental information. We keep emails simple and limited, so you never feel bombarded! Email is also a great way to confirm appointments.

We LOVE new patients! The more people we help, the better we feel, and what's not to love about that?

## Cosmetic Advances



With advanced TMJ training in facial anatomy and muscles, it has been a natural transition to offer facial cosmetics & the results have been amazing. Dysport is similar to BOTOX, but is a little more gentle, so you don't end up with that "frozen" look. Dr. Toomey sees more natural results for his patients, with the same benefits of duration (3 months). Restylane and Perlane are fillers that can be used on lips, smile lines and deep brow creases. Give us a call to learn more! 410-823-6000.

## No Cavity Club

Created to encourage good hygiene habits in our young patients, we have a NO CAVITY CLUB link on our website to remind kids how to stay cavity-free and with each cavity-free exam, they get a cool t-shirt and toy! The shirts are SO cool, that even some of our adult patients have asked for one!



## To Sonicare or Not To Sonicare

The only toothbrushes we recommend today are the ultrasonic brushes. They clean plaque and massage the gums better than manual toothbrushes. In fact, some serious wear and gum damage can happen with more "vigorous" brushes. So today, it's worth the investment to purchase an ultrasonic brush. Target or Walmart have the best prices.

In fact, you can buy one base for your entire family (as long as you won't be trying to brush at the same time!) and simply keep your own individual heads. They come with color bands and in our family, each of us has one color that we stick to.



Electric toothbrushes are:

- 1) more effective at cleaning teeth than manual toothbrushes,
- 2) can help prevent tooth staining, and
- 3) will lower your risk of toothbrush abrasion.

Since the brushing motion is done entirely by the toothbrush, all you have to do is position the toothbrush head so the bristles reach the right areas. There is a 30 second timer to let you know to move onto the next quadrant. Ultrasonic brushes work wonders for your mouth health and don't have to be a major investment.

Give it a whirl, your mouth will love you for it!



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