

# WORD of MOUTH

A Dental Health Newsletter for the Patients of Dr. Jack Bottner and Dr. Aaron Bottner

Hello!

I have decided to send out a short newsletter to my patients from time to time that will be fairly quick to read, and include information that you will hopefully find useful or at least interesting.

On a personal note, my son Dr. Aaron Bottner has been sharing my practice for almost one and a half years now, as some of you may know. I feel privileged to work with him and enjoy watching his caring and diligent approach. Also, my other two children, Daniel and Leah, are now in first year dental school at the University of Toronto. Except for my wife, we're definitely going dental!



Aaron and I have been, and continue, to attend the London and District Dental Society Lectures held monthly. Recent topics were on Drug Interactions, Antibiotic Resistance, and Pediatric Dentistry. In December, we will attend a convention in Scottsdale, Arizona on various aspects of dentistry.

This is my 9th year as a Part-Time Instructor at Western University's dental school, currently in the area of Endodontics (root canal treatment). Teaching there is an enjoyable experience and it feels good to give back to the school where both Aaron and I were educated.

In addition to Renee, my longtime assistant for the last 29 years, my practice now has two new dental assistants with considerable experience. Karla and Jeri-Lea are very nice, capable, and caring individuals that are eager to contribute to providing quality dental care.

On the reverse is a Patient Fact Sheet taken from the Ontario Dental Association's website, of which I am a member. I will change this each mailing to keep you dentally informed.



All the best for the holiday season!

Sincerely,

Jack Bottner, DDS

Drs. Jack and Aaron Bottner

**519-686-6200**

Open Monday to Friday

Evening appointments available.



**White Oaks Mall Dental Clinic**

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**New Patients Always Welcome and Appreciated**

## Common Dental Procedures

Your dentist has the knowledge and training to recommend the best care options for you

**A healthy oral hygiene routine includes brushing and flossing twice daily and regular visits to your dentist that may involve having your teeth professionally cleaned or filling a cavity.**

However, diligently brushing and flossing your teeth are not always enough to protect against the unexpected damage or loss of a tooth. When this happens, your dentist may recommend that the tooth be replaced in order to ensure a healthy mouth, regain your ability to chew, and prevent your teeth from shifting.

The following are some of the common procedures that can be performed by your dentist. In difficult cases, your dentist may refer you for further consultation and treatment.



### Crowns



When a tooth has been damaged by decay or through an accident, rather than remove the tooth completely, it is possible to fit a cover – known as a crown or cap – over the remaining tooth. Under local anaesthetic the tooth is reduced in size by the same thickness as the final crown, which will be cemented onto the tooth. An impression of your teeth and gums is then made and a temporary cap is fitted over the tooth until a permanent crown can be made. During your next visit, your dentist will remove the temporary cap and cement the crown onto your tooth.

### Root Canal

Often when a tooth has become infected or abscessed as a result of decay or an injury, it is possible for your dentist to save your tooth by performing root canal treatment. During the root canal treatment, an opening is made in your tooth to access the infected nerve, which is then removed. Following root canal therapy, your dentist may place a temporary seal or a permanent filling over the tooth. Most teeth that have root canal treatments will require a crown to support the remaining tooth structure.

### Sealants

Dental sealants, usually applied to the chewing surface of teeth, act as a barrier against decay-causing bacteria. Most often, the sealants are applied to the back teeth, e.g., premolars and molars.

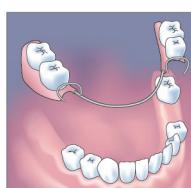
### Replacing a Lost Tooth

There are three main types of artificial teeth and each one is designed for a particular circumstance.



#### Dental Implants

Dental implants are made by surgically placing one or more small metal posts beneath the gum directly into the jawbone. Implants are integrated with the surrounding bone and serve as anchors to which replacement teeth can be attached.



#### Dentures

A removable or partial denture replaces all lost teeth in the arch.

By clasping the remaining adjacent teeth, the denture is held in place. Where none of the natural teeth remain, a complete denture is required. In the case of a complete upper denture, suction helps hold it in place.



#### Bridge

A bridge or ‘fixed bridge’ is a replacement appliance that is cemented to adjacent teeth and cannot be removed. Typically, the two remaining healthy teeth on either side of the lost tooth are prepared for crowns. A unit consisting of a false tooth and two crowns on either side is custom made to fill the area where the tooth has been lost. The appliance is then cemented into place.

### Bonding

Applying composite tooth bonding is a restorative procedure that uses tooth enamel-coloured composite resin (plastic) to repair teeth that are decayed, chipped, fractured or discoloured. Tooth gaps can also be closed. Unlike veneers, which require laboratory work, bonding is done in the dental office.

### Fillings and Repairs

Dental fillings and repairs use restorative materials used to repair teeth which have been compromised due to cavities or trauma.

