

# Happy Holidays

## Welcome To Our Smile Rewards

We are committed to creating beautiful smiles. As we start this journey together, we will develop life changing benefits for you. Our mission is to exceed your expectations.

### Earn Points & Redeem For Great Gifts!

You may redeem great prizes on our website for as little as 100 Rewards points. Look for additional contest information at our office or on our website to earn even more points and to see the latest updates in our Smile Rewards Club!

You can view your points any time at [www.TheSmileSolution.com](http://www.TheSmileSolution.com). Click on the Smile Rewards Card and enter your 16-digit rewards number and 4-digit password to check your current points. View the on-line Reward Guide and check for special contests and gifts. If you have any questions, talk with any of our team members!

### Whitening



Your smile is one of the first things most people notice about you. Unfortunately, as we age, teeth can become stained or grow darker and present a less than brilliant picture to the world.

There are many reasons why your teeth may not be the bright white you'd like them to be. Some medications can cause discoloration in your teeth. Coffee, tea and certain foods can stain your teeth, and smoking will also cause yellowing of teeth, as well as having other more serious side effects to your health. Also, as you age, the outer layer of your tooth enamel is worn away, revealing the darker tissue underneath.

The first step in your search for a brilliant smile is to discover what's caused your teeth to become discolored. Your dentist can determine the cause of discoloration, whether tooth whitening can help, and which kind of whitening procedures will be most effective.

Not all whiteners work the same way, and not all whitening products will help your smile. For instance, in general, yellowish teeth bleach well, while brown or gray toned teeth usually do not. Also, tooth whitening products will not affect bondings or fillings, so porcelain veneers or bondings, so that all your teeth will be the same color, might be best for you. Once you've discovered the cause of your tooth discoloration, there are several options available, from over-the-counter products to the latest in dental applications using

lasers.

All toothpastes help remove surface stains, and some whitening toothpastes contain polishing or chemical agents that provide additional stain removal. But whitening toothpastes only remove surface stains. Whitening toothpastes can lighten your teeth by about one shade, while your dentist can help you go three to eight shades lighter.

Similarly, over-the-counter whitening strips and gels cannot achieve the degree of whiteness that your dentist's products can. The concentration of hydrogen peroxide isn't as high in over-the-counter products. Worse, many kits have acetic or citric acid as the lightening agent, which can cause damage to your tooth enamel if overused or used improperly.

The safest, easiest and most sure way to whiten your teeth is to have your dentist prescribe the best method for you, whether it's in-office bleaching, at-home bleaching, or whitening toothpastes. Most in-office or at-home professional methods use either carbamide peroxide or hydrogen peroxide as a bleaching agent. Impressions are taken of your teeth, from which custom trays are fabricated. You place whitening gel into the tray and 'wear' the tray on your teeth. The length of time can vary greatly, depending on the condition of your teeth and your body's response to the bleaching agent.

Most people are satisfied with the sparkle they get from brushing twice a day, or if you cover your mouth when you smile or talk because you're embarrassed about discolored teeth, talk to your dentist today. You could be smiling through brighter, whiter teeth tomorrow.

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### Why Is Flossing Important?



Some of the food we eat is essential for health and well-being and some is just junk that we could live without. Whether your diet consists of completely healthy foods or whether you eat lots of sugary snacks, everything you eat can be unhealthy for your teeth.

The bacteria that is normally present in your mouth converts the sugars and starches in your food into acids. Together, the bacteria and acids mix with food particles to form plaque, a sticky film that coats your teeth. If left in your mouth, plaque attacks your tooth enamel and dissolves it, creating a hole, called a cavity, in the hard outer casing of the tooth. Plaque hardens into tartar, which only a dental cleaning by a professional can remove. Plaque and tartar irritates your gums and, if left unchecked, causes gingivitis, an inflammation of the gums, which in turn can lead to periodontal disease and tooth loss. Plaque can also be a source of bad breath. So now you see why your orthodontist, dentist and other dental professionals place such an emphasis on good oral hygiene!

Good oral hygiene is a routine of brushing and flossing every day to remove plaque from your mouth. You should brush at least twice a day and floss at least once a day. Brushing teeth properly and consistently helps to remove most dental plaque, but brushing alone

can't remove plaque that is located in places that a toothbrush can't reach...such as between your teeth. Toothbrushes only work on the exposed outer surfaces of your teeth, flossing gets between your teeth and under the gum line.

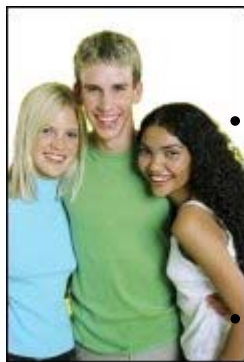
As a part of your daily routine, you should floss at least once a day, especially after eating foods that easily stick between the teeth, such as sticky or gummy candies, corn on the cob, popcorn, or potato chips. (Floss first to loosen and dislodge plaque and food, then brush to sweep particles away.) In addition to removing plaque, flossing also helps to remove food debris that adheres to teeth and gums in between teeth, polishes tooth surfaces and helps control bad breath.

Flossing helps keep your teeth their whitest by removing food that could stain them. Flossing well also means your trips to the hygienist will be shorter and more pleasant, because you'll be doing most of the work of removing plaque and tartar in advance. Trips to the dentist will also be more economical, because you'll need fewer dental procedures such as fillings.

If you practice basic dental care, which means brushing and flossing regularly, eating a mouth-healthy diet, and visiting your dentist for check-ups and your dental hygienist for cleanings, you can prevent tooth decay and gum disease and your teeth will last a lifetime.

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## Phase 2 Treatment



While not every phase is required for every patient, there are typically three phases of an orthodontic treatment plan...

- Phase 1 Early Interceptive Treatment - The goal is to save space in the dental arches for permanent teeth and to help the upper and lower jaws relate to each other properly. This phase is predominantly for children aged seven to twelve with most of their baby teeth and perhaps a few permanent front incisors.
- Phase 2 - Basically, Phase 2 treatment involves using braces to straighten teeth.
- Final Phase - Retention - Despite the intensity and length of orthodontic treatment, the teeth tend to return to pretreatment positions. Wearing a retainer assures that your new straight, healthy bite will stay that way.

Phase 2 is usually the braces stage of treatment and involves straightening the permanent teeth and perfecting the occlusion (bite). For those adolescents or adults who did not have early interceptive treatment, Phase 2 treatment may involve tooth extractions or jaw surgery to correct occlusion (bite) problems that braces alone cannot correct

This second alignment stage of treatment begins for a child when most or all of the permanent teeth have erupted into the mouth or for an adolescent/adult when all necessary major skeletal and space corrections have been made. Braces are placed on

the permanent teeth and gentle, directed pressure moves the teeth into alignment. The bone and tissue in front of the tooth slowly gives way, the tooth shifts and the bone and tissue behind fill in the space. Every few weeks, the braces are adjusted to redirect the pressure. Over a period of months, a new smile develops!

All patients are unique, with unique personalities and individualized response to braces, but in general, braces take approximately one to three years to straighten the teeth. A few of the factors that determine length of Phase 2 treatment are growth of the face and mouth, co-operation of the patient in following instructions and the severity of the original orthodontic problem.

Don't be concerned if you or your child did not have the benefit of early interceptive treatment during the growing years. Many people don't begin treatment until their adult years. In fact, more and more adults are choosing to get braces every year. As an adult or adolescent, your treatment plan may involve some adjustments before braces can be put on, but so long as teeth and gums are healthy, a bite can be improved and a smile straightened at any age.

