

BECAUSE THEY'RE GETTING THE MOST OUT OF THEIR DENTAL PLAN



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WHY ARE THESE PEOPLE SMILING?



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Reason To Smile #25: An Ounce of Prevention...



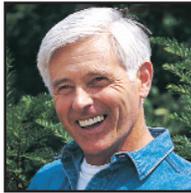
Preventive care for your teeth is mostly common sense. You should visit your dentist for a cleaning at least once a year, or as often as he or she recommends. Regular check-ups, x-rays, and cleanings can help your dentist catch any problems in the early stages. And this will make things a lot easier on you.

There are also things you can do on your own to maintain good oral hygiene:

- Brush your teeth after meals or at least twice a day with a fluoride toothpaste.
- Floss your teeth nightly to keep your gums healthy.
- Try and eat healthy meals and snacks (sugar is the major cause of tooth decay).
- Be aware of any changes, sensitivity or pain you may have in your mouth.
- Keep your dental appointments.

The bottom line is — take the time to take care of your teeth and they will stay with you. It's easy to take dental hygiene for granted, but the best pay-off is when someone notices that you have a nice smile.

Reason To Smile #64: The Dentist Will See You Now...



The more flexible you are in scheduling your appointments, the easier it will be for the dentist to see you. Not everyone can get in to see their dentist before or after work. So, if you can take some time off work, your dentist's appointment availability will increase dramatically and you'll have more appointment times to choose from.

And remember, it is up to you to either keep your scheduled appointment or let your dental office know within at least 24 to 48 hours if you have to cancel. Depending on your dental office, you could be charged for broken or missed appointments. And this charge will be your responsibility. So, do what you can not to miss any scheduled appointments.

Reason To Smile #77: Brush Up On The Different Types of Cleanings...



Your dental plan covers a routine prophylaxis (cleaning) every six months at no cost to you. Depending on your own dental

health, there are several different types of cleanings you may need to have performed:

- Prophylaxis – Routine preventive cleaning.
- Full Mouth Debridement – Removal of generalized plaque and calculus with a periodontal diagnosis — this is a therapeutic treatment.
- Periodontal Scaling & Root Planing – This cleaning is for patients with moderate to severe periodontal disease and presence of periodontal pockets — this is a therapeutic treatment.
- Periodontal Maintenance – This type of cleaning is for patients with a history of periodontal disease — this is a maintenance/preventive treatment.

Cleanings and treatment plans may vary from patient to patient. Depending on your dental needs, your dentist will recommend a treatment plan that is best for you.

In order to maintain good dental health, your dentist may recommend that you have one or more of the following routine exams/services:

- Initial oral examination
- Complete x-ray survey
- Cavity-detecting bite-wing x-rays
- Prophylaxis, or general teeth cleaning
- Topical fluoride treatment

Reason To Smile #88: What to Expect On Your First Dental Visit...



The first time you visit your dentist's office you can expect to be seen for a complete clinical evaluation. This includes x-rays, and a thorough clinical exam by the dentist. It's your dentist's way of getting to know you, your mouth, teeth and gums.

If you have any special problems or concerns, your initial exam is the time to discuss them with your dentist. The entire appointment should take around one hour. After examining your mouth, teeth and gums, your dentist will then set up a detailed treatment plan for you. He or she will let you know how many scheduled appointments you will need as well as the type of cleanings that will be necessary.

Reason To Smile #95: How To Get The Most Out Of Your Dental Plan...



The best way to get the most out of your current dental plan is to, of course, use it. Become a regular dental patient. Use your plan to cover your regular dental check-ups and cleanings.

Make sure you feel comfortable with the office you decide to visit. If you don't, there are other dentists in your area to choose from. Just like choosing any other doctor, selecting a dentist is all about you feeling at ease and establishing a good relationship.

So, if you don't understand the kind of treatment that your dentist is recommending, don't be afraid to ask questions. Make sure your dentist goes over all your treatment options. And, if needed, your dentist should be able to plan a treatment schedule for you that can be done over a period of time.

SOME SIMPLE TIPS ON GETTING THE MOST FROM YOUR DENTAL PLAN:

1. Read your benefits booklet.
2. Make sure you know all your treatment options.
3. Communicate with your dentist, employer and insurance company.
4. Practice good oral hygiene.
5. Ask questions.

Reason To Smile #101: Know What To Do In A Dental Emergency...



The American Dental Association says getting to your dentist within 30 minutes of a dental emergency can make the difference between saving and losing a tooth.

Here's what to do during some common dental emergencies:

- A Knocked-Out Tooth: Make sure you keep the tooth, rinse it off if it is dirty. If possible, put the tooth back in its socket. If you can't, place it in a container with milk or water and get to your dentist's office as soon as you can.
- You Severely Bite Your Tongue or Lip: Clean the area gently with a cloth then apply cold compresses to reduce the swelling. If the bleeding doesn't stop, go to a hospital emergency room immediately.
- You Break A Tooth: Rinse your mouth with warm water to keep the area clean. Use cold compresses on the broken tooth area to keep the swelling down and get to your dentist's office as quickly as you can.
- Objects Caught Between Your Teeth: Try to gently remove the object with dental floss. Never put a sharp instrument like a knife between your teeth. If you can't get the stuck object out, call your dentist.
- A Severe Toothache: Rinse your mouth with warm water. Make sure no food or foreign objects are stuck around the tooth by using dental floss. Call your dentist right away to discuss the pain. He or she will then tell you what you need to do next.

*Note: Never put aspirin or any kind of painkiller directly on your gums, this can burn your mouth and do more harm than good.