

---

# Colorado Guide To Family Dentistry

---

Family Dentistry at Adler Advanced Dentistry

---

**ADLER**  
ADVANCED DENTISTRY

# TABLE OF CONTENTS

## Colorado Guide to Family Dentistry

3	Introduction
4	General Dentistry Exam
7	Teeth Cleaning / General Hygiene
9	Tooth Colored Fillings
10	Same-Day Porcelain Crowns
11	Orthodontic Treatment/ Neuromuscular Orthodontics
13	Invisalign
15	Children's Orthodontics/ Early Treatment Orthodontics
16	Dentures
18	Dental Implants
20	Dental Bridges
22	Emergency Dentistry

# Introduction

## Family Dentistry Services

Family dentistry services are those treatments and procedures that meet the dental health needs of people of diverse ages, from children to older adults. Some of the dentistry services benefitting our guests and all the members of their families include:

- Holistic dentistry and cleanings
- Comprehensive new patient exams
- Tooth-colored fillings
- Same-day porcelain crowns
- Children's orthodontics/early treatment orthodontics
- Adult orthodontics/neuromuscular orthodontics
- Dentures
- Dental implants
- Dental bridges
- Invisalign® for adults and teens
- Emergency dentistry
- Tooth and wisdom teeth extraction



# Introduction

## Family Dentistry Services

Adler Advanced Dentistry approaches your dental health holistically and comprehensively. We explore the link between oral health and the rest of the body. We strive to bring all aspects of your health into alignment, so that not just the symptoms of dental problems are treated, but the underlying causes and contributing factors are addressed as well.

We recognize that adults have special dental concerns and goals distinct from the dental needs of their children. Much more than just a family dentistry practice, we provide advanced, specialized dentistry services for things such as:

- Treatment of temporomandibular joint disorder/headaches/facial pain/ringing in the ears/snoring
- Restoring broken, worn, damaged or missing teeth
- Rejuvenating the attractiveness and aesthetic appeal of your smile
- Maintaining the health of your entire oral cavity, including the gums and jaw joints
- Prevention and treatment of common and complex oral health problems

# Your General Dentistry Exam

Adler Advanced Dentistry incorporates state-of-the-art training and cutting-edge technology into your care.

## Experienced, Highly-Trained Dental Hygienist

Our LVI-trained dental hygienist provides advanced hygiene services using laser technology. She decontaminates your mouth before cleaning and uses a microsonic scaler to reduce plaque using gentle vibration. She can also recommend probiotic treatment if you are experiencing certain gum health problems.

## Detailed Visualization With an Intraoral Camera

Our advanced general dentistry technology includes an intraoral camera. This camera allows Dr. Adler – and you, if you wish – to view your teeth, gums and oral structures up-close on a monitor. It helps us see things like decay, plaque and teeth damage in great detail.



# Your General Dentistry Exam

## DIAGNOdent Advanced Cavity Detection

The use of the DIAGNOdent cavity detector enables Dr. Adler to find small areas of decay that may not show up on an X-ray. This laser technology is not a replacement for X-rays, but instead allows Dr. Adler to better diagnose decay in situations where he suspects it but it is not yet apparent. Oftentimes these cavities are lurking in the pits and fissures of your teeth. The DIAGNOdent laser is completely painless and does not affect surrounding tissue.



## Holistic, Skilled General Dental Care

As a prestigiously trained dentist, Dr. Adler understands the importance of taking a comprehensive, holistic approach to your dental health. The dentistry treatments you receive and the status of your oral health have an impact not only on your mouth, but also on your whole body and well-being. Dr. Adler chooses only those non-toxic materials and recommends only those treatments he knows will benefit you for the long run, but he makes sure you know all of your options so that you can make your own decisions about treatment.

# Teeth Cleaning – Dental Hygiene

Our dental team is continually trained in the latest, most effective dental hygiene and holistic teeth cleaning techniques. Our dental hygienist has received state-of-the-art dental hygiene training at the Las Vegas Institute for Advanced Dental Studies. We treat all aspects of your oral health, prioritizing the use of non-toxic, holistic materials and techniques whenever possible. Our teeth cleanings stand out from a standard cleaning, featuring some of the following innovations when appropriate:

## Laser Reduction of Bacteria

Our hygienist may use a soft-tissue laser to decontaminate your gums before cleaning your gums and teeth. The laser uses light to painlessly reduce harmful bacteria in your gums that lead to gum disease. Our laser can also be used in the treatment of severe periodontal disease to painlessly remove infected tissue and encourage new tissue growth. We also use our lasers to treat canker sores and herpetic lesions such as cold sores.



## Velscope Oral Cancer Screening

This is a wireless handheld scope that uses natural tissue fluorescence to enhance the way we see oral abnormalities that might not be apparent to the naked eye. A study released by the national cancer institute confirms that oral cancers have risen an astounding 225% from 1998-2004.

# Teeth Cleaning – Dental Hygiene

## Microsonic/Ultrasonic Scaling

In conjunction with traditional dental cleaning techniques, our hygienist uses a microsonic instrument to clear away tartar and buildup on your teeth. The microsonic scaler vibrates, painlessly reducing plaque, tartar and bad bacteria. The instrument then washes away the loosened debris. This technology uses sound to break up the bacteria on a microscopic level so that it is easily released from the teeth. It also destroys the biofilm (a slimy, sticky substance produced by bacteria). Breaking up the biofilm is not something that you can do at home with a toothbrush and flossing.

## Probiotics

Just like your gut, your mouth should contain a healthy balance of supportive bacteria, called *Streptococcus Salivarius*. For some people lacking a healthy balance, we offer chewable oral probiotics to sustain your oral health naturally. Oral probiotics can treat gum disease, bad breath, tartar buildup and other conditions.

## Arestin

This antimicrobial gel contains microspheres- tiny particles- that are filled with the antibiotic minocycline hydrochloride. These microspheres release the antibiotic over time to kill disease causing bacteria harbored in gum pockets. Our experienced dental hygienist will gently apply the gel into the gum pocket, essentially by squirting it into the pocket with a syringe.



# White Dental Fillings

## Benefits of Using White Fillings

Dr. Adler uses advanced dental materials, including white fillings, that he knows will provide our guests with numerous benefits. Some of the advantages of white fillings vs. metal fillings are:

- Natural, tooth-colored appearance
- Matched to your natural tooth color for a seamless result
- Free of mercury
- Durable chemical bond to your enamel
- Conserves more natural tooth structure compared to metal fillings

Traditional metal amalgam fillings contain elemental mercury. Many of our guests feel strongly about avoiding potentially toxic materials, and our dentist and team feel the same way. Although the FDA maintains that amalgam fillings are safe to use, it is a fact that metal fillings release very low levels of mercury vapor, which you may then inhale. At high levels, mercury vapor is harmful to the brain and kidneys. Although metal fillings do not release these high levels of vapor, our guests prefer to avoid the material altogether.



# CEREC One Visit Dental Crowns

At Adler Advanced Dentistry we can reduce the traditional two-week waiting period and two or three office visits down to just a single visit for dental crowns! This 21st century technology is called CEREC, which is a precision computer-aided design and milling device. It allows us to create a permanent dental crown in just a few minutes in our Boulder dental office.



The CEREC system allows us to repair a damaged tooth in about an hour. We no longer take impressions or create temporaries. CEREC enables Dr. Adler to satisfy patients seeking a long-lasting, esthetic alternative to silver or plastic fillings. This precision procedure eliminates further tooth cracking, risk of future root canals.

To make the restoration, Dr. Adler first paints a reflective powder over the prepared tooth. Using a special camera, he takes an accurate picture of the tooth which is then displayed on a computer screen, where he designs the restoration. Then CEREC takes over and automatically shapes the restoration. Finally, the dental crown restoration is permanently bonded in place.

# Orthodontic Treatment

Straight teeth and an aligned bite not only create a gorgeous smile, they also sustain your oral health and the function of your teeth. If you are searching for adult orthodontics or orthodontic treatment for a child, Dr. Michael Adler provides several treatment options to create attractive, gorgeous straight teeth and a healthy, aligned bite.

Braces and other forms of orthodontic treatment aren't just for kids anymore. On the contrary it's important at any age to look and feel your best.

A more pleasing smile can have professional as well as personal benefits. Studies have shown that photos of people with straight and well aligned teeth are perceived to rate higher in leadership and personality traits.

Teeth alignment can change over time. Even adults who received orthodontic treatment as children might need additional attention at some point later in life. Straighter teeth are often also easier to brush and floss and so can promote better oral health.

Numerous treatment options are available, including Invisalign®. An office consultation is recommended to discuss them.



# Neuromuscular Orthodontics

As an experienced and extensively trained neuromuscular dentist, Dr. Adler approaches orthodontic treatment by considering how the alignment of your teeth is affecting your jaw joints and the surrounding muscles. Instead of focusing just on straightening the teeth, Dr. Adler is also going to create a bite for you that will work harmoniously with the muscles and jaw joints.

When your upper and lower teeth do not come together in an optimal position, then your muscles and jaw joints have to strain themselves to accommodate the bad bite. This overexertion and stress can lead to 1) *severe headaches*, 2) *back and neck aches*, 3) *popping or clicking jaw*, 4) *jaw pain or soreness*, and many other painful symptoms.



For your muscles, jaw joints and teeth to work together without strain, the upper and lower teeth must meet in an optimal position when the jaw open and closes. Using advanced neuromuscular dentistry technology, Dr. Adler will determine the optimal bite to relieve your symptoms. The next phase of treatment is to create that bite position permanently with orthodontic treatment.

# Invisalign

## Straighten your teeth without anyone knowing

Invisalign uses a series of clear, plastic aligners to gradually shift your teeth into their desired position. Your treatment is designed to give you straight, properly aligned teeth in a shorter time than is commonly achieved with traditional metal braces.

The following are some of the benefits you'll receive when choosing Invisalign:

- 1) **Removable aligners** -- Your Invisalign aligners can be removed from your mouth when eating and brushing your teeth. This allows you to enjoy all your favorite foods, and it ensures you get the most out of brushing and flossing your teeth.
- 2) **Comfortable fit** -- Your aligners are made out of smooth, form-fitting plastic that gets molded to the contours of your mouth. They won't irritate your mouth the way metal braces do, ensuring a more comfortable treatment. In addition, you won't have to endure the painful tightening sessions that occur when you wear braces.



# Invisalign

## Straighten your teeth without anyone knowing

- 3) **Customizable treatment** -- The Invisalign lab will create a set of custom-made aligners that will address your unique orthodontic issues.
- 4) **Invisible** -- The clear plastic material used for your aligners will be virtually unnoticeable to others, eliminating the unsightly "mouth full of metal" associated with braces.
- 5) **Fewer dental visits** -- Invisalign requires fewer follow-up office visits throughout the treatment period since there are no brackets and wires that need tightening.



# Children's Orthodontics/ Early Treatment Orthodontics

If your child has crooked or misaligned teeth we can help. Adler Advanced Dentistry provides orthodontic treatment for children of all ages.

Straight and aligned teeth are important for children's self-esteem as well as their oral health. Numerous treatment options are available, including braces, Invisalign® Teen and other oral appliances. An in-office consultation is recommended to determine the best-suited orthodontic treatment for each child.



Dr. Adler is an experienced provider of early orthodontics. For some children, early orthodontic intervention is beneficial to guide the development of the bite during growth spurts, using those growth spurts to our advantage in creating proper alignment. Some children can benefit from early orthodontics before they enter high school.

# Dentures

Missing one or more teeth makes it difficult to chew and speak. You may also stifle your urge to smile and laugh if you are embarrassed about missing teeth. Dentures and several other options are available to you if you would like to replace those missing teeth, and experienced Boulder dentist Dr. Michael Adler is personally committed to making sure you know all of your options and that you feel empowered to choose what's best for you.

## Types of Dentures for Missing Teeth

There are 4 basic types of dentures:

- Full Dentures
- Partial Dentures
- Implant-Supported Dentures
- Neuromuscular Dentures

Many factors influence which of the types may be options for you. One of the most important factors is how many teeth are missing. Other things that commonly influence the decision of our guests are affordability, expectations of how the results will look and how the dentures will function.

Full dentures are made to replace a full arch of teeth, while a partial denture is used in combination with natural teeth to replace less than a full arch of missing teeth. Implant-supported dentures attach to dental implants placed in the bone beneath your gums. These dentures provide great durability and stability. As an experienced neuromuscular dentist, Dr. Adler provides neuromuscular dentures that are fitted very specifically to your teeth and jaws, so they hold the jaw in its most relaxed and functional position.



# Dentures

*(continued)*

## What Makes Our Dentures Services Different?

Dr. Adler is an extensively trained and experienced neuromuscular dentist. Using neuromuscular principles, he makes sure your dentures not only replace your missing teeth, but also place your jaw and jaw muscles in a relaxed position and preserve the shape of your face. The neuromuscular technology used in your dentures treatment plan is:

- **TENS electrical massage:** The ultra-low frequency therapy of TENS relaxes the muscles of your jaws and neck. TENS therapy is an important part of identifying the optimal position of the jaw where it is most relaxed, and TENS therapy also provides several hours of pain relief.
- **K7 evaluation system:** This technology measures, tracks and records jaw movement and function. Dr. Adler uses the K7 device to measure jaw and muscle movement, and to hear the popping and other sounds your jaw is making. All this data is used by Dr. Adler to determine the most relaxed, optimal position of your jaw.

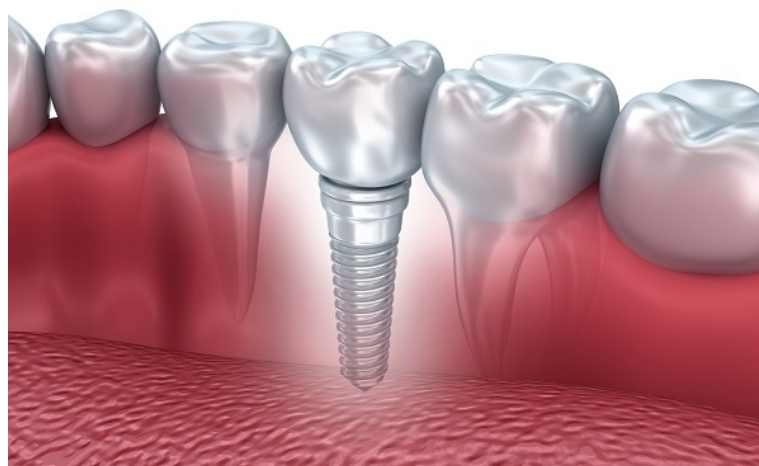
Incorporating this advanced technology enables Dr. Adler to determine your most optimal and comfortable bite position. The dentures are fabricated to maintain this bite position. Dr. Adler's advanced dentures customization will not only improve your teeth function and abilities to chew and speak, but also provide a rejuvenated facial shape because of the way your dentures maintain the fullness of your lower face.

# Dental Implants

Dental implants have been a part of restorative dental procedures for the last three decades. Through the years, the dental profession has seen incredible progress in all aspects of implants including placement techniques, implant materials, and the longevity and the aesthetic quality of implants.

Originally invented in Sweden, dental implants are artificial roots—made of ultra-strong titanium resembling a large screw—which are implanted into the jawbone. Dental implants are for situations where a single tooth or several teeth are missing. Implants not only stabilize the restoration that sits on top of it but also stimulates bone growth around the implant.

When you have missing teeth it is more than an aesthetic issue. The overall health of your mouth is dependent on all of your teeth being in their correct positions for optimal jaw movement and bone health. When a tooth is missing the surrounding bone and gums are no longer stimulated by the blood supply and activity of the tooth. This can cause bone loss and gum recession which can lead to other dental issues in the future.



# Dental Implants

When you have missing teeth, you may experience negative effects, such as:

- Jaw misalignment and bite issues
- Bone loss in your jaw
- Jaw joint and muscle issues
- Stress on your remaining teeth
- Shifting of your remaining teeth

There are many reasons why having all of your teeth is important for a healthy functioning mouth. While there are multiple options to replace missing teeth, dental implants provide you with a permanent solution for a bright, beautiful smile. Dental implant benefits include:

- Prevents other teeth from tilting and shifting
- Maintains an aligned, comfortable bite
- Prevents muscle and jaw joint strain from a bad bite
- Maintains your ability to chew, speak and laugh
- Eliminates the need to grind down healthy teeth for a bridge
- Eliminates need for unsightly dentures that may move or loosen over time
- Long-lasting results
- Matches color of existing teeth



# Dental Bridges

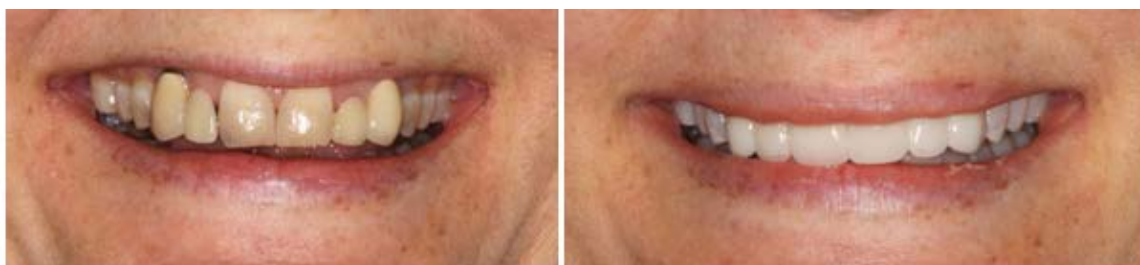
A dental bridge is one of the options for replacing missing teeth. There are other cosmetic dentistry options as well and as someone who wants to reclaim the strength and attractiveness of your smile, you deserve to know about all of them.

## What Are Dental Bridges?

A dental bridge makes use of your natural teeth to support a replacement tooth. The two types of dental bridge at Adler Advanced Dentistry are:

- Porcelain dental bridges
- Implant-supported dental bridges

A dental bridge made from all-porcelain material will look like your natural teeth. Other types of dental bridges containing metal detract from your smile when the metal is apparent along the gum line. This type of bridge contains the replacement tooth which is "bridged" together with tooth crowns. The tooth crowns are placed on the natural teeth surrounding the missing tooth gap. Hence, the replacement tooth is supported by the dental crowns.



*Before (left) and after (right) dental bridge*

# Dental Bridges

*(continued)*

Dental implant-supported bridges are attached to dental implants placed in the bone beneath your gums. Doing so makes the dental bridge as secure and durable as possible because it's supported from beneath the gums, similar to how your natural teeth are supported by roots in the bone.

## The Value of Replacing Your Missing Teeth

Replacing missing teeth is important for several reasons such as:

- Feeling great about the appearance of your smile
- Preventing other teeth from tilting and shifting
- Maintaining an aligned, comfortable bite
- Preventing muscle and jaw joint strain from a bad bite
- Maintaining your ability to chew, speak and laugh

Although there are functional, aesthetic and oral health reasons to replace missing teeth, our dentist and team empower you to make your own choices about whether you want to replace your missing teeth and how you want to do so. Your dental health is a personal matter, and we respect our guests' individual choices.

# Emergency Dentistry

Urgent dental problems usually arise without warning. When you or a family member experiences a dental emergency, you need an experienced, prompt dentist to remedy the situation. Dr. Michael Adler is an experienced Boulder dentist who provides emergency services during regular business hours.

The dental team at Adler Advanced Dentistry routinely treat a wide range of urgent dental problems, such as:

- Fractured/broken teeth
- Chipped teeth
- Knocked-out teeth
- Extreme teeth sensitivity
- Toothache
- Loose teeth
- Jaw swelling
- Abscessed tooth

As your emergency dentistry providers, our goal is to restore a normal smile appearance as soon as possible, as well as remedy any functional issues we can. Root canals, tooth extractions and dental crowns are just a few of the ways we may treat a dental emergency. Dr. Adler provides each of our guests with the entire range of treatment options available to them. We believe in providing you with education and information, and then empowering you to make your own choices about your dental health and treatments.

# Dr. Michael Adler

## About Your Dentist

Dr. Michael Adler is pleased to bring a diverse background of academic research and life experiences to his practice. A graduate of the University of Michigan, Dr. Adler worked as a research biochemist at Stanford University prior to enrolling and completing his dental degree at Georgetown University.

Dr. Adler served as a Lieutenant in the United States Public Health Service, providing care and patient education on the Navajo Reservation. For this service, Dr. Adler was awarded a prestigious commission by Surgeon General Dr. C. Everett Koop. Dr. Adler has been in private practice since 1990.



Dr. Adler is committed to lifelong training as a way to be able to offer his patients the best dental care possible. His postgraduate training has been extensive, including studies on the topics of smile design and neuromuscular dentistry at the nationally renowned Las Vegas Institute for Advanced Dental Studies (LVI).

Dr. Adler was awarded a fellowship from the prestigious Las Vegas Institute for Advanced Dental Studies. This post-graduate learning institution provides cutting-edge training in neuromuscular and cosmetic dentistry.

# Contact Us

---

## For Questions or To Schedule A Consultation

Please call us at (303) 449-1119  
or email us at [greatsmiles@adlerdentistry.com](mailto:greatsmiles@adlerdentistry.com)

Adler Advanced Dentistry  
1810 30<sup>th</sup> Street, Suite A  
Boulder, CO 80301  
(303) 449-1119  
adlerdentistry.com

