

- A PUBLICATION OF ADLER ADVANCED DENTISTRY-

Colorado Guide To General Dentistry

General Dentistry at Adler Advanced Dentistry

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Introduction

About General Dentistry

General dental care is the bedrock of your oral health, tooth function and smile appearance. General dentistry services have the goal of preventing and treating dental problems, from the most common to the complex. Specific problems prevented, diagnosed and treated in the practice of general dentistry are:

- Cavities
- Decayed root canals
- Gum disease
- Gum recession
- Broken, chipped or cracked teeth
- Missing teeth

Dr. Adler and our team help you to catch problems early on, with the goal of avoiding dental problems altogether and treating them in their early stages when they do arise. We can also provide information and guidance about what you can do to support your best oral health. For some of our guests, we recommend a dental supplement plan to boost the strength of your immune system and your body's ability to fight infection.



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.



Root Canal Therapy

Benefits of Root Canal Therapy

Root canal therapy is sometimes the best option, and in other cases you may be able to avoid root canal treatment or seek an alternative. This treatment is typically recommended if a tooth infection is advanced and threatening the tooth. Root canal therapy is sometimes the only way to avoid losing an infected tooth.

Advanced tooth decay typically occurs when a cavity progresses through the tooth, reaching into the nerve and pulp tissue contained inside of your root canals. When this advanced decay is left untreated and unstopped, then your tooth may develop an abscess and the tooth may even die, which could lead to tooth loss. The root canal treatment removes the decay, cleans the root canals and saves as much of the remaining tooth structure as possible. To sum it up, the benefits of root canal treatment in certain scenarios include:

- Stops the advancement of infection
- Saves the nerves of the tooth
- May help you avoid extraction of the tooth

Although root canal treatments have a reputation for being painful, scary experiences, they are actually quite the opposite. Modern root canal therapy does not cause any pain during the procedure, and it can be completed relatively quickly and easily. Dr. Adler is extensively experienced in this and other dental health procedures.

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 Bonding

Feeling confident when you smile can be affected by chipped teeth and other minor imperfections. You deserve to feel great about your smile.

With dental bonding at our Boulder dentistry office, Dr. Michael Adler can restore your teeth using a simple, fast process. The tooth bonding material is molded onto your tooth by Dr. Adler, so that you can smile with the confidence of properly shaped teeth.

What Is Dental Bonding?

Dental bonding is a process to augment, reshape or rebuild a certain portion of a tooth. Some of the problems for which tooth bonding may be beneficial are:

- Chipped teeth
- Small gaps between teeth
- Minor problems with tooth shape
- Temporary restoration while you are waiting for a crown or veneer

The process to place bonding on teeth is simple and fast. It takes only one appointment for Dr. Adler to place the material on your tooth, and shape it to look natural and aesthetically pleasing. The bonding hardens and should last for many years, unless trauma to the tooth breaks the bonding.

Dental Bonding

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Teeth Bonding vs. Other Cosmetic Dentistry Options

Dr. Adler and our dental team are fully committed to presenting all of your options for achieving your dental goals. We want you to have the full picture of your treatment plan options. Like any dentistry treatment, dental bonding has both pros and cons. Some of the benefits of this option include:

- Relatively low cost
- Completed in a single appointment
- Highly conservative option in terms of tooth preservation
- Natural, tooth-color material

Dental bonding is mainly an alternative or temporary placeholder for porcelain veneers. Compared to porcelain veneers, some of the potential drawbacks of dental bonding are:

- Less versatile in what and how much they can accomplish
- Change color over time
- Easier to crack, break or chip

Veneers have the advantage of being a whole, intact piece that cover the entire tooth surface, whereas dental bonding is molded and shaped onto the area being rebuilt. Dr. Adler will explore both options with you, as well as any other options for which you may be a good candidate. Our goal is to empower you to make informed decisions about your dental care.

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.

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.

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

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