



114 S. Witchduck Road
Suite 201
Virginia Beach, VA 23462

757-486-4880
office@drdooleydental.com

Hours:
Mon-Thurs 8:30am-5:30pm
Friday 8:30am-1:00pm

All content and information in the Patient Connection is the property of Mary T. Dooley, DDS and is unofficial in nature and is not intended to be interpreted as dental advice. View our entire Privacy and Disclosure policy at www.drdooleydental.com.

Inside this issue:

7 Tips for proper brushing 1

Chances are you could use a little brushing up on your technique!

Scan our QR code 1

You've come a long way, baby! 2

Learn about the evolution of the ceramic crown and enter our contest!

Free & low cost care opportunity 2

Find out where you can help someone get the urgent dental care they need!



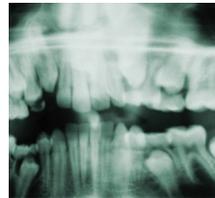
Patient Connection

May, 2013

The 411 on Dental Emergencies

Accidents happen, and knowing what to do when one occurs can mean the difference between saving and losing a tooth. Traumatic cases may need emergency room attention, but here are some tips for common dental emergencies:

- For a knocked-out permanent or adult tooth, try placing the tooth back in the socket without touching the root. If that's not possible, place it in between your cheek and gums, in milk, or use a tooth preservation product that has the ADA Seal of Acceptance. Then, call us right away.
- For a cracked tooth, rinse the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down. See your dentist ASAP.
- If you bite your tongue or lip, clean the area gently with water and apply a moist cold compress.
- For toothaches, rinse the mouth with warm water to clean it out. Gently use dental floss to remove any food caught between the teeth. Do NOT put aspirin on the aching tooth or gum tissues. It may cause a burn on



your cheek or gums. You can swallow an aspirin as you would for any other pain.

- For objects stuck in the mouth, try to gently remove with floss but do not try to remove it with sharp or pointed instruments.

There are a number of simple precautions you can take to avoid accident and injury to the teeth:

- Wear a mouthguard when participating in sports or recreational activities.
- Avoid chewing ice, popcorn kernels and hard candy, all of which can crack a tooth.
- Use scissors, NEVER your teeth, to cut things.

“It is important for patients to follow with a dental visit. X-rays are imperative, you can't always feel a problem inside your mouth. Many silent problems are discovered with x-rays and can be treated early and with less discomfort,” says Dr. Mary Dooley.

At Total Care Dentistry, our patient promise means we will see your emergency the same day. We never want you to be in pain, and will even see new patients on a moments notice. Give us a call at 757-486-4880. (Source: ADA)

7 tips for proper brushing

The American Dental Association recommends brushing your teeth at least twice daily. Here are seven easy tips for brushing teeth correctly:

1. Use a soft-bristled brush.
2. Place your toothbrush at a 45-degree angle against your gums.
3. Move the brush gently, using short tooth-wide strokes; don't scrub.
4. Brush the inner surfaces of the front teeth using gentle, up-and-down strokes.
5. Brush your tongue to remove plaque and freshen your breath.
6. Rinse your toothbrush with water and store upright after use.
7. Replace your toothbrush when it's worn or frayed—about every three or four months. If yours wears out any sooner, you may be brushing too hard. Let Dr. Dooley know about it.



You can find more easy to follow tips on [Dr. Dooley's Dental Blog!](#) With more than 1,600 views you're bound to see something good!

Free & Low Cost Care Available

Good oral hygiene is an important part of good overall health. That's why the United Way is partnering up with the Pankey Alumni, Access Partnership for a FREE Dental Clinic. The Clinic will provide

free and low cost care to those in the South Hampton Roads area with the *most need. Need will be determined at registration.*

The clinic will be May 31st and Saturday June 1st at the Oak Grove United Methodist

Church in Chesapeake. No walk-ins, please, as appointments are needed.

Registration is required, call 853-8500 x127 or tell someone you know who needs care about the program.

Porcelain crowns, you've come a long way, baby!



Enter our CROWN CONTEST!

Most people mark Cinco de Mayo this month, but dental professionals know the anniversary of the ceramic crown happens this month, too! It was 134 years ago that a dental scientist first made a feldspar-ceramic crown. They didn't gain in popularity until Charles Land, grandfather to flyer Charles Lindburgh, modified the material to make it a little more sturdy in 1903. The crowns were called porcelain jackets because they covered the whole tooth unlike silver-mercury fillings. Crowns can be made from several materials including gold, ceramic or zircon.

Porcelain crowns have come a long way since their introduction. They are now the "gold standard" for cosmetic cases and offer amazing realistic qualities. Here's our challenge to you... **In the picture above, can you tell which teeth are the patient's natural ones, and which are crowns? Label the tooth (teeth) with a "C" and bring this newsletter to our office. If you can answer correctly, we'll give you a free whitening treatment (just in time for summer!)** We'll give you a hint: there are two crowns shown.

Use your smart phone to "check in" with us at your next visit! We're on Facebook, Yelp, Foursquare and Merchant Circle!



After your next visit with Dr. Dooley, please take a moment to complete our online survey! Results are a useful tool for us and new patients!

May Birthdays

- | | |
|-----------|-----------|
| Anne | Sierra |
| Moses | Kimberly |
| Stephanie | Sylvia |
| Trevor | Nora |
| Violetta | Elizabeth |
| Glenda | Jay |

THE LAST TIME I WENT TO THE DENTIST, SHE GAVE ME A TOOTHBRUSH AND THIS BROKEN YO-YO.



GLASBERGEN © 2000 by Randy Glasbergen. www.glasbergen.com

We're on the web, www.drdooleydental.com

All content and information in the Patient Connection is the property of Mary T. Dooley, DDS and is unofficial in nature and is not intended to be interpreted as dental advice. View our entire Privacy and Disclosure policy at www.drdooleydental.com.

TOTAL CARE DENTISTRY



ACP AMERICAN COLLEGE OF PROSTHODONTISTS

American Dental Association® America's leading advocate for oral health