

Spring Special

Want to make the perfect entrance at that upcoming graduation, wedding, or spring fling? Go white!

For a limited time only, you can get any whitening service, in office or take home for 1/2 price! That's a savings of more than \$200.00! Its the perfect splurge for yourself, or gift for a Dad or Grad! Don't miss your chance to turn your teeth into talking points of interest!

Tricare Change Takes Effect

If you have Tricare Dental Plan Coverage your insurances has changed! Effective May 1, coverage switched from United Concordia to Metlife. What does this mean for you?

According to information found in the latest Tricare booklet, you'll now have \$100 more in benefits and better coverage for services such as fillings. We'll be happy to answer and questions you may have about the switch.



Have you read Dr. Dooley's Blog? Nearly 600 other people have! Log onto www.drdooleydental.com and click the blogger button to see what the buzz is all about!



No Papoose Use at Mary T. Dooley, DDS

The April 26 episode of "Inside Edition," the television newsmagazine program, is causing an uproar in the dental community. The show aired a segment about a California doctor's use of a "papoose board" during the treatment of children. Parents of child patients allege papoose boards, which act as restraints, have caused emotional and physical harm. While the doctor has not been charged with any wrongdoing, and the use of papoose style restraints is allowed by the dental boards, the practice is not common.

The American Dental Association released a statement about the case Friday, saying in part, "The American Dental Association (ADA) notes that the American Academy of Pediatric Dentistry (AAPD) guidelines state when stabilization is used, it should always be the least restrictive, but safe and effective." The entire ADA statement can be found on their website.

Virginia Beach dentist Mary T. Dooley says she's "never used a papoose style restraint on a child patient. If a child needs special behavioral management for care we refer them to pediatric specialists. Those specialists adhere to AAPD guidelines." Children are a welcome part of Dr. Dooley's Virginia Beach practice. "Our goal for care is the same as any parent, a happy child with a healthy mouth," Dr. Dooley adds. If you have questions about pediatric dentistry, do not hesitate to ask your doctor.



We would love to connect with you via Facebook! Our page is frequently updated with the latest news and pictures from our practice, fun tips for your oral health, and new services offered. We're always looking for interesting stories from our patients too!

And don't miss out on the opportunity to find out about our Facebook exclusive specials!

Like us on Facebook now by clicking the 'Like' button next to our name on our Facebook Page!

Remember, never share any personal health information on Facebook.

Stop Bad Breath!

1. Avoid alcohol and caffeine consumption, which can dry the mouth.
2. Quit smoking. Tar and nicotine can build up on the surface of the teeth, tongue and cheeks. It can also dry the mouth and inhibit saliva flow.
3. Chlorophyll is a natural breath freshener and is found in leafy green vegetables like parsley.
4. A few drops of peppermint or tea tree oil can be applied to the tongue or toothbrush to help freshen the breath. In addition to its refreshing nature, their antibacterial properties will kill the bacteria found in the mouth.
5. A mixture of 50% hydrogen peroxide and 50% water can be swooshed around in the mouth and used as a mouthwash. Hydrogen peroxide can kill many of the bacteria that can cause bad breath.

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