



SILOAM SMILES

FAMILY DENTISTRY

To guide our patient along a path of optimal dental health by delivering the highest possible level of care in a friendly, safe and comfortable environment

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~Welcome to our Dental Practice~

We would like to welcome you to our dental practice and explain a little about our office policies and goals. We believe in the theories of modern dental care which do not

support the old premise of “When it hurts – fix it.” Through proper preventive care and regular checkups, we believe that it is highly likely that most of our patients can expect to keep all of their teeth for many years to come,

The Purpose and Benefit of our Booklet

The purpose of this booklet is to educate our patients about our family dentistry practice.

Our patient can expect from us:

1. A high degree of professional skill combined with compassion.
2. A dedication to your oral healthcare.
3. A minimization of costly reconstructive work through proper preventive care.
4. The highest effort to make your visits as comfortable as possible.
5. The right treatment at the right time.
6. Fees that are fair and just for the services provided.

In return, we expect from our patients:

1. Cooperation in making and maintaining appointments.
2. A conscientious effort toward good oral hygiene,
3. Periodic hygiene visits to ensure optimum oral health.
4. Arrangement for the payment of fees at the time of service.

In order for this relationship to be mutually satisfying and beneficial, we ask that at any time you have a question or are unhappy about any treatment, fee for service, or attitude of your dental team you will discuss it with us promptly and openly. Misunderstandings and/or lack of communication are the only obstacles to our continued friendship and professional relationship.

If we have recommended treatment to correct any current conditions, please call our office to make an appointment for a return visit at your earliest possible convenience.

Sincerely

DR. GREG M. WALTERS D.D.S., F.A.G.D

Greg M. Walters, D.D.S., F.A.G.D. is a dental professional in Siloam Springs, AR.

My profession, dentistry, is one of the greatest healthcare services an individual can provide; I love being a dentist! Most friends and my dental team would call me obsessive



when it comes to my patients and this dental practice. I was born in Ellinwood, Kansas and raised in Wichita, Kansas and Little Rock, Arkansas. I graduated from the University of Tennessee Center for Health in 1981. My wife and I have been married for more than 38

years and have two married daughters and 3 grandchildren.

I love sports (I played baseball in college) and I collect sports' memorabilia and GO PIG SOO-EE!! watching the Razorbacks play. I am a member of the Kiwanis Club, the Greater Area Northwest Arkansas Ortho Study Club, the American Dental Association, and past president of the Northwest Arkansas Society of Dentistry for Children. I am also a Fellow of the Academy of General Dentistry.



-Siloam Smiles-

Our mission is to listen first and then deliver individualized, uncompromised Dental care.

Our Purpose is to serve our patients with compassion, excellence and value. We understand that all our patients are individuals, each of whom has his or her own personal needs and concerns. We are here to help our patients enjoy good dental health and assist them in retaining their teeth for a lifetime.

Our Purpose is to encourage each other to grow personally and professionally. We are a unified team of concerned dental professionals who enjoy working together to support our patients, each other, and our mission for Siloam Smiles.

Our Purpose is to serve our practice by making it strong, profitable, and state-of-the-art facility. We are committed to continuing and never-ending improvement on behalf of the patients we treat.

Our Purpose is to serve our community, not only through the absolute best dental care possible, but also by being an example of a caring, positive, and enjoyable place to visit and work.

On behalf of Dr. Walters & Staff of Siloam Smiles, we deeply appreciate your dedication & loyalty to Siloam Smiles. We look forward to serving you in the future with all of your dental needs, as we continue to give you the very best dental care possible.

This is what you should expect from Siloam Smiles!



-Siloam Smiles-

~Services We Provide~

- Painless Dentistry (Nitrous Oxide, Oral Sedation)
- Preventive Dentistry (Exams, Oral Cancer Screen, Non-Surgical Gum Treatment)
- Treatment of Bad Breath Syndrome (Halitosis)
- Teeth Whitening(“Zoom”In Office Treatment/Procedure)
- White Fillings
- Cerec (Same Day Crowns)
- Implants, Bridges, Partials & Dentures
- 3rd Molar Extractions (Wisdom Teeth)
- Root Canal Therapy
- Orthodontics (Adult & Children)
- TMD Treatment (Painful Jaw Joints)
- Children’s Dentistry
- Cosmetic Dentistry

-Siloam Smiles-

WHITENING!

for life

We feel that every patient in our practice deserves to have a smile they can be proud of. We are excited to offer our patients a unique program we call Whitening for Life™.

This is how the Whitening for Life™ program works: When you come to our office for your preventive examination, x-rays and cleaning, we will provide you with some custom whitening trays and materials!

Then, at each six-month preventive visit, exam and necessary x-rays and cleaning, we will give you a free touch up kit of whitening gel. This ensures that you will be able to keep your teeth bright and beautiful for life.

We ask in return:

- √ **You keep your six month preventive visits current.** Your long term dental health is as important to us as it is to you. Our patients have found that these preventive visits help greatly reduces emergencies. That is why we are happy to provide this extra bonus for our patients who are committed to their dental health.
- √ **Provide at least 48-hour notice** if you need to change an appointment in order to provide exceptional services like **Whitening for Life™** to all of our patients. We ask that you give us the courtesy of advance notice for schedule changes.

We appreciate the opportunity to serve you and look forward to seeing your bright smile for many years to come!

What is an Oral Exam?

An oral exam is done by your dentist to gather information about your oral health. Your exam will be determined by these factors:

1. If you are a new or returning patient
2. Length of time since your last appointment
3. If you are returning to have a specific dental condition checked

The dentist will check for signs of decay. Decay can happen at any stage in life and can cover many surfaces on your tooth. The dentist will then determine if you will need to have fillings. He will review your x-rays to determine if your teeth, fillings or crowns have weakened and if you will need to have new treatment in order to protect the structure of your remaining teeth.

Detecting tooth decay early can save time, money and your teeth!

Regular dental visits are important to maintain your beautiful smile and that includes if you wear a partial or dentures.

Cancer Screening

During your oral examination your neck and oral tissues will be checked for lumps, masses, growths, red or white patches or recurring sore areas. Early screening by your dentist can help detect cancer at early stages so that treatment can be successful.

If oral cancer is not found early enough the cancer may spread deep into local tissue, which then makes it more difficult to treat.

Systemic Oral Health

Oral health is connected with your general health. Regular check-ups are important because some diseases or medical conditions have signs that can appear in the mouth. Diabetes, nutritional and vitamin deficiencies and hormonal irregularities are some examples.

Periodontal (gum) Disease

Periodontal (gum) disease and other health problems including cardiovascular problems, heart disease and stroke can also have a link to your oral health condition.

Prevention of periodontal disease can be an important step in maintaining overall health.

Be sure to tell you dentist if you have any illnesses or new medical conditions and if your health status has changed since your last visit. Update your dentist on any medications you are taking, including over the counter products. Also, include any allergies.

This is very important because there may be interactions between the medications you use and medications that the dentist may need to administer or prescribe.

Pregnancy & Oral Hygiene

Oral health is especially important during your pregnancy. During pregnancy a woman should be especially mindful of her oral hygiene practices, eating habits and professional dental care. This will help oral problems during pregnancy and also help determine the general and dental health of your unborn child. During your pregnancy dental disorders may be exaggerated.

Many people believe a tooth is lost during every pregnancy. This is not true! Decay results from repeated acid attacks on the tooth enamel, not from repeated pregnancies.

To avoid the unnecessary loss of teeth, brush after meals and floss thoroughly, every day. Your hygienist will be happy to show you how to brush and floss correctly.

Gingivitis

Unremoved plaque on your teeth can irritate the gums and make them red, tender and can make them bleed easily. Gingivitis can lead to serious problems and affect the gums and bone that anchor your teeth in place. During pregnancy, gingivitis may occur more frequently due to rise in your body's hormone level.

Nutrition

What you eat during your pregnancy affects the development of your unborn child's teeth. Your baby's teeth begin to develop during the third to sixth month of pregnancy, so it is important you receive sufficient amounts of nutrients. It is very important that you pay attention to A, C, D; protein; calcium and phosphorus.

Your diet will provide the calcium your baby needs during your pregnancy. Your body will need an adequate intake of dairy products; including supplements recommended by your obstetrician, will ensure you get all the calcium needed during your pregnancy.

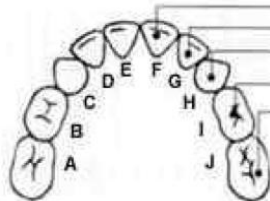
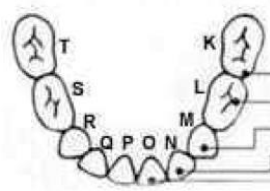
A mother's decay-causing bacteria can be transmitted to her child, so it is important to have maternal teeth free of decay before the birth.

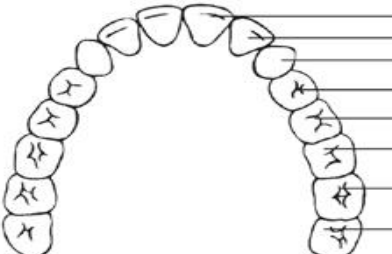
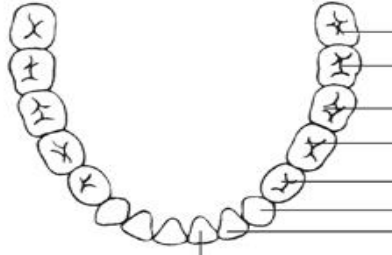
Children's Teeth

Babies actually have teeth at birth! The 20 primary teeth that are there will erupt during the first three years from the baby's jawbones. At birth most of the baby's teeth are almost complete, and the chewing surfaces of the permanent molars have begun forming.

Primary teeth are important for development in chewing, speaking, appearance and the primary teeth hold the spaces necessary for the permanent teeth. Both the primary and permanent teeth help give shape and form to the face.

A baby's four front teeth usually erupt first. Most children have a full set of 20 primary teeth by the time they are three years old. Permanent teeth will erupt when the child hit six years of age. Typically, children will have the majority of their permanent teeth by age 12 to 14 years of age. The "wisdom teeth" will erupt at about the age of 21.

	Upper Teeth	Erupt	Shed
	Central Incisor	8-12 mos.	6-7 yrs.
	Lateral Incisor	9-13 mos.	7-8 yrs.
	Canine (Cuspid)	16-22 mos.	10-12 yrs.
	First Molar	13-19 mos.	9-11 yrs.
	Second Molar	25-33 mos.	10-12 yrs.
	Lower Teeth	Erupt	Shed
	Second Molar	23-31 mos.	10-12 yrs.
	First Molar	14-18 mos.	9-11 yrs.
	Canine (Cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

	Upper Teeth	Erupt
	Central incisor	7-8 yrs.
	Lateral incisor	8-9 yrs.
	Canine (cuspid)	11-12 yrs.
	First premolar (first bicuspid)	10-11 yrs.
	Second premolar (second bicuspid)	10-12 yrs.
	First molar	6-7 yrs.
	Second molar	12-13 yrs.
Third molar (wisdom tooth)	17-21 yrs.	
	Lower Teeth	Erupt
	Third molar (wisdom tooth)	17-21 yrs.
	Second molar	11-13 yrs.
	First molar	6-7 yrs.
	Second premolar (second bicuspid)	11-12 yrs.
	First premolar (first bicuspid)	10-12 yrs.
	Canine (cuspid)	9-10 yrs.
	Lateral incisor	7-8 yrs.
Central incisor	6-7 yrs.	

Cracked Teeth

Tooth fractures are common. Most people associate cracked teeth with an accident or injury to the mouth. Accidents can be common reasons for cracked teeth but most dentists find fractures on the molars!

Reasons for cracked teeth:

- Abnormal teeth grinding
- Chewing or biting on hard surfaces
 - Popcorn kernels
 - Hard Candy
 - Ice
- Cavity fillings that may weaken the tooth structure
- Injury to the mouth

Fractured or cracked teeth are difficult to diagnose because they do not necessarily show up on x-rays and may be difficult to see upon examination.

Symptoms to be aware of if there is a cracked tooth:

- Sensitivity to hot or cold beverages or food
- Intermittent pain upon biting or chewing

There are different types of fractures. Treatment will depend upon the type of fracture, the location of the fracture and the severity of the fracture. Treatment may include a crown, root canal or possibly an extraction followed by some type of restorative dentistry.

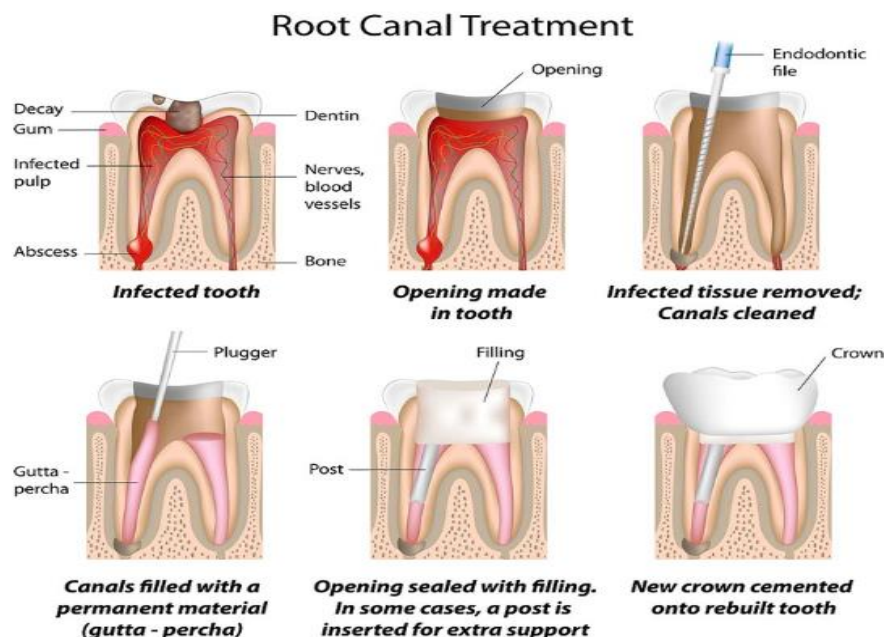
Alternative treatment may be recommended for minor fractures diagnosed in the early stages.

Root Canal Treatment

Natural teeth are meant to last a lifetime. Even if one of your teeth becomes injured or decayed, it can often be saved through a specialized dental procedure known as root canal (endodontic) treatment. ^{ADA}

Root canal treatment involves the removal of the tooth's pulp. Dental pulp is the soft tissue inside the tooth that contains blood vessels, nerves and connective tissue. If the pulp of a tooth gets injured or diseased the pulp can become unable to repair itself which then requires the treatment for root canal treatment.

If treatment is delayed from an injured or diseased tooth with a root canal, an abscess can form at the end of the root, resulting in pain and swelling.



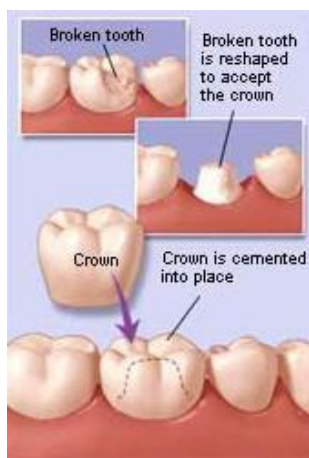
Treatment can involve one to three visits. During treatment your dentist will remove the infected or diseased pulp. The pulp chamber and root canal(s) are then cleaned, shaped, filled and sealed off from the bone surrounding the root.

How long will the restored tooth last?

As long as the root(s) of the treated tooth is nourished by the tissues around it, your tooth can remain healthy. However, the tooth could still become decayed, so good oral hygiene at home and regular dental exams are necessary to help prevent both tooth decay and periodontal (gum) disease.

CROWNS

Dental restoration can complete the smile of a missing tooth structure, which can be caused by cavities or trauma, like chipping or cracking on a tooth. Creation of a crown usually requires 2 dental appointment visits. The first visit will be for the evaluation of the tooth to determine how it should be restored and prepared for the restoration to be successful. The treatment may involve a core build-up, creation of a temporary crown, and making an impression to be sent to the laboratory. The second visit usually involves delivery of the final restoration.



What is a crown?

A crown is restoration that caps a tooth to restore it to its normal shape and size, which can strengthen and improve the appearance of the tooth. Crowns are necessary when a tooth has been damaged significantly and cannot be adequately restored with a filling. A crown can protect a weak tooth from fracturing; it can also prevent a cracked tooth from further damage. Crowns can over discolored or misshapen teeth for a more beautiful smile.

What is a post and core build-up?

The dentist may use a filling material to restore a more ideal shape for supporting a crown when a tooth is severely decayed or fractured and lacks sufficient tooth structure. In some cases, a dentist will first perform a root canal, a procedure in which pulp is cleared out of the tooth and the canal is sealed with a special material. After the root canal, the dentist may place a post in the open canal and secure it with dental filling to “build-up” the structure of the tooth. Once the material has hardened, the tooth can be prepared for a crown.

Will a crown look nature?

It can, depending on the type of the crown you elect to have made. A crown can be made from porcelain, from gold, or from a combination of porcelain and metal. A crown can look just like a nature tooth. Numerous factors are considered when determining when crown material that is best for your particular tooth, including the color, bite, shape, space and location of the tooth in your mouth.

How should I care for my crown?

To prevent damage or fracturing of the crown, avoid chewing foods like hard candy and ice. Avoid grinding or clenching your teeth. Brush at least twice a day, use floss to remove plaque from the crown meets the gums. Flossing will prevent dental decay and gum disease. Finally, always continue seeing your dentist twice a year.

CEREC

Siloam Smiles also offers the use of computer technology that can prepare a damaged tooth which can save you time, convenience and comfort! CEREC is a revolutionary way to restore damaged teeth in a single visit, making your teeth beautiful and stronger than before.

A picture is taken of the tooth, which offers a sharp optical impression that allows the CEREC machine to design the new restoration. You can see the restoration on a full color computer monitor.

The restoration is done by a high-speed diamond bur and a disk working simultaneously to mill your tooth from a solid block of ceramic material. It is metal-free! No silver or metal is added that can discolor your smile. Then the milled restoration is bonded to your tooth using state-of-the-art adhesive dentistry.



The ceramic material is compatible with tissue in your mouth and is high-grade, anti-abrasive and plaque-resistant. It allows us to be extremely precise and save more of the healthy part of your tooth.

Full treatment of CEREC restoration takes about one hour!

