

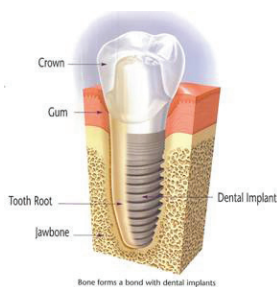


## SMILE WITH CONFIDENCE

DR. TIM SELLNER • DR. DOUG JONES

### Tooth Replacement Using Dental Implants

A dental implant is a prosthetic tooth root that holds a natural-looking crown or bridge, or to help secure a denture. Dental implants are an ideal treatment option for patients who are missing a single tooth or multiple teeth, and who have good oral health.



Dental implants provide long-lasting, esthetic tooth replacement. They are integrated into the bone that supports your teeth and simply look and feel like your very own. Unlike a bridge, the dental implant does not need support from the adjacent teeth; so more of your teeth are left untouched – an added benefit for the long-term maintenance of your dental health.

The success rate for dental implants is very predictable, and is the ideal treatment option to provide you with confidence and reliability.

**Ask us if dental implants are right for you.**

### Fluoride Varnish: An Adjunct in Decay-Prevention

As your dental health care provider, we believe you have the right to know about new products and procedures to help you achieve your best oral health.

Topical fluoride is recommended to aid in reducing tooth decay for adults and children. Fluoride has remineralizing benefits, and can come in different forms of application at our office such as a rinse or tray application; both of these applications allow for the fluoride to remain on the teeth for thirty minutes. We now offer fluoride varnish as an alternative option for fluoride application with your hygienist.

Fluoride varnish is applied by your hygienist and once applied it forms a sticky coating. When the varnish has set, it is okay to consume foods that

are soft and most liquids. It is ideal to leave the fluoride varnish on your teeth for three to six hours before you brush it away. Studies show a significant decrease in tooth decay with the use of fluoride varnish, and the frequency of applications is determined by your hygienist and dentist depending on your risk of tooth decay.

At this time, insurance companies do not typically contribute to fluoride varnish applications.

**Please ask your hygienist if you are wondering if fluoride varnish would be right for you.**



Your world needs your  
**smile.**

Visit our new website! [www.techtowndentistry.com](http://www.techtowndentistry.com)

**TECHTOWN DENTISTRY CORE VALUES**  
KINDNESS • EXTRA MILE SERVICE • INTEGRITY • QUALITY

**Accepting New Patients**  
**Call 519.746.7333**

## The TechTown Dentistry Dental Health Advantage

We listen to what you want and together we develop an innovative plan and path to achieve your dental health goals. Your plan is simple, balanced and focused and it fits into your lifestyle. Discover your opportunities to grow and protect your dental health confidence. **Our Patients Smile with Confidence.**

## The TechTown Dentistry Patient Charter of Rights

We believe you have the *Right* to **know**. So we promise to tell you what we see. And you have the *Right* to **choose** – what you feel is best for you and when and how to fit your choice into your lifestyle.

## Dental Emergencies

In the event of a Dental Emergency outside of business hours, call our office for instructions on contacting the Dentist on call. **519-746-7333**

## Insurance Plans Accepted

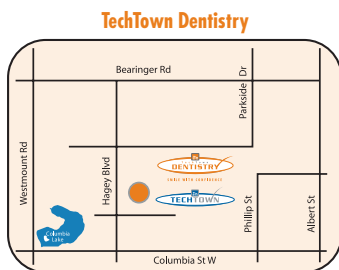
We electronically file your claims for faster processing. Ask us for more information.

## Hours

Monday to Thursday..... 8am to 5pm  
Friday..... 8am to 2pm

## April is Oral Health Care Month!

To learn about the importance of oral health care in relation to your overall health visit [www.oda.on.ca](http://www.oda.on.ca)



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[www.techtowndentistry.com](http://www.techtowndentistry.com)

## A Message from your Hygienist...

### The Electric vs. Manual Toothbrush...What's Better?

A frequent question heard from patients is "is the electric toothbrush really better?" With an endless selection of products available it's easy to be confused when selecting which would be best for you.

#### An electric toothbrush provides many benefits when used properly, such as:

- ease of use for children or for patients with arthritis
- stimulation of the gums from the brush's rotations
- more effective and gentle plaque removal along the gumline
- smaller brush-head size making it easier to clean the harder-to-reach areas

Some electric brushes also come with sensors that tell you if you are brushing too hard causing permanent effects such as gum recession and tooth abrasion.

#### A manual toothbrush can also be very effective. When using a manual brush:

- use a soft or extra-soft brush
- use a circular motion, gently moving up and down the outside and inside surface of each tooth, as well as the biting surfaces of your back teeth
- brush along the gumline at a 45-degree angle

With advances in technology, the electric toothbrush has come a long way in efficiency. Studies have shown a significant reduction in plaque bacteria when compared to the use of a manual toothbrush. An electric toothbrush does not need to be expensive in order to be effective – do some research before you go to the store or ask your hygienist which one they would recommend for you.

Brushing cannot clean in between your teeth, so it is important to floss or use another interdental tool every day.

### Remember, healthy gums never bleed!

## Team News:

### Exciting news to share about the TechTown Dentistry Team

#### Farewell:

Denise has left the TechTown Dentistry team. We wish her the best of luck and great success in her new venture!

#### Congratulations:

Gina and husband, Geoff, are expecting their second daughter in the Spring!

### Professional Development – an important part of our ongoing education

Dr. Sellner and Dr. Jones attended a seminar led by Dr. John Kois, who specializes in treatment design and management for patients with complicated bites.

## Accepting New Patients & Referrals

We welcome referrals of your friends and family.

### TECHTOWN DENTISTRY

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