Getting to Know Your DENTISTS

At Classic Dental at Lake Mary, the staff is friendly and caring—and the environment is fun but professional. Dr. Jim Flatley and Dr. Butch Garcia say they want their office to be a place where employees and patients look forward to coming. Judging by the big smiles on everyone’s faces, they seem to have accomplished that. Here are just a few more ways to get to know the bigger-than-life personalities of Drs. Flatley and Garcia.

DR. JIM FLATLEY
Professional: Is a retired Navy captain and ran Navy dental clinics in Pearl Harbor, Jacksonville, Orlando and Anchorage.
Hobbies/Sports: Is an expert snow skier and does an annual ski trip with a group of 10 guys from California and Chicago. Is a professional tail-Gator. He RVs to every UF Gator home football game and sometimes road trips to away games. Hikes the Appalachian trail twice a year.
Favorite Movie: Forrest Gump
Personal Motto: “Be good!”
Proudest Moment: “Seeing my twins born. Nothing else even comes close.”

DR. BUTCH GARCIA
Family: Is the son of a real rocket scientist. His dad worked on Pershing missiles and the Mercury/Gemini space programs. Married 25 years to dental school sweetheart, Sonja, a registered nurse and “precious girl in the world”. Has two children, Nikki, a student at UCF, and Joey, an incoming freshman at Savannah College of Art and Design.
Professional: Enjoy the special challenges of adult complex dentistry.
Hobbies/Sports: Is a professional tail-Gator. He RVs to every UF Gator home football game and sometimes road trips to away games. Hikes the trails and mountains of Bar Harbor, Maine each summer. Also is a sports junkie. Plays in two over-40 basketball leagues and cannot beat Dr. Flatley in tennis on his best day (ugh).
Favorite Movie: Forrest Gump
Personal Motto: “Do it right or don’t do it at all.”
Proudest Moment: “Currently living it by watching my children grow up right before my eyes.”

Ask the Dentists

Q: My husband needs a lot of dental work, but we’re not sure we can afford it now. Do you have a payment plan, and can we do one thing at a time?
A: We take most major insurance plans and credit cards. We also offer the Care Credit payment service for those who qualify. Our goal is to make your dentistry as affordable as possible. We can even arrange to treat you in stages, when possible, in order to spread the costs of treatment.

Q: Are silver fillings harmful because of mercury? I read something about that on the Internet.
A: Unlike the “free” mercury found in certain seafood we eat, silver fillings are mercury that is “bound” into an alloy mixed with other metals. That renders the mercury as basically inert and therefore not harmful. This is real scientific fact—not Internet junk-science. We do tooth-colored fillings almost exclusively these days simply because people prefer fillings that are tooth-colored and natural looking. Silver fillings can be replaced with white ones if you dislike the color or if the fillings are wearing out.

Q: I’m in my early 40s, and my teeth have started getting very sensitive to cold. What’s the deal?
A: Toothbrush abrasion is a common problem during adulthood. Scrubbing the teeth too-hard over the years can wear away protective enamel and can cause gum recession that exposes the sensitive root surface at the gum line. These areas can be coated with a desensitizer or can receive fillings. Use a soft brush and remember that plaque comes off easily if you aim the brush where it’s supposed to go. Other causes of sensitivity include cracked teeth, clenching/grinding teeth, cavities, etc.

Q: My wife tells me I snore like a bullfrog. She’s tired from not sleeping, and I’m tired of hearing about it. Can you help us out?
A: Yes. We have been very successful in treating snoring and sleep apnea with a special retainer-like appliance that is worn at night. We simply make molds of your teeth in one appointment, and you start sleeping soundly after the next appointment. This is a relatively simple solution that is affordable, non-invasive and effective. We get a lot of enjoyment out of helping couples sleep better and wake up happy, too.

Q: Does your office do most of the dental work in-house, or do I have to go to 20 different specialists to get it all done?
A: Ninety percent of all the dental care is done right in our office. Dr. Garcia (22 years in practice) and Dr. Flatley (34 years) have broad experience in all phases of general dentistry and enjoy doing both complex and routine procedures for adults and children. We also have a close relationship with hand-picked specialists who work with us on unusual or complicated cases.

Q: I’ve been wanting to do something to improve my smile now that my kids are taken care of. Is there a way to get rid of the discoloration and the spaces between my teeth I hate that.
A: Well like the chance to evaluate you since no two cases are alike. We sometimes use porcelain laminate veneers or aesthetic porcelain crowns and sometimes even bonded teeth to get the best results. We can also bond tooth-colored resin to teeth to make changes in a single appointment. Many options are at our disposal to customize what works best for you. Just let us know when, and we’ll show you how.

How to Brush Better

• Focus mostly on the gum line when brushing. Many people do well cleaning the front part of their upper teeth where other people can see, but slack off majorly around the back teeth.
• Be organized with brushing: start on the last tooth and work slowly along the gum line from one tooth to the next. Don’t skip teeth, and don’t jump around all over the place.
• Quit using sugar in coffee or tea. Use sugar-free drinks and gum. Avoid fruit juices and sports drinks as snacks (both sugary and acidic). Don’t dip into the bowl of pepper-mints at work. Don’t just cut down on ob-vious sugars, cut them out by substituting Avoid sugar stuff before bedtime.
• Floss like it’s a religion. Each day without flossing leaves yesterday’s lunch festering between the teeth. Over time, that leads to gum disease and tooth loss. If you’re smart about this, your teeth will easily outlive you.

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