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# Perfect your Smile

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## Making You Smile Restoring Quality of Life

Attractive natural looking teeth help us look and feel our best. They let us enjoy the foods we love. And they allow us to be naturally confident where it really counts: at home, on the job, on the playing field, and especially on the inside.

The loss or damage of even a single tooth can have a considerable impact on everyday life and self esteem. Fortunately modern dentistry offers a variety of ways to restore or replace teeth. With today's latest technologies and materials individual teeth, or even entire rows of teeth, can be replaced with natural looking appearance and restored function.

Modern dental restorations help thousands of people improve their lives. We invite you to learn more about the many options available to you, and how to make that first big step toward regaining a natural self-assured smile.



### What our patients are saying

I haven't had natural upper teeth for almost 40 years. I've had many dentures. Each one fit okay and allow me talk and eat well for a time. But over the years, dentures became more and more of a problem and less satisfactory. Dr. Gielincki and the oral surgeons I had seen in the past told me that because I hadn't had natural teeth for so long the bone in my jaw was shrinking away. And the problem was getting worse. I had tried surgeries in the past to build up the bone for dental implants. I just needed to have more bone created than was possible.

Dr. Gielincki worked closely with my surgeons to try a different approach. They told me about Zygomatic implants that would be fixed in bone at a different area of my jaw.

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# Premedicate, no more!

Recent changes to the American Heart Association's guidelines for premedication's (also called prophylaxis) have many of our patients confused. The current guidelines recommend premedication for a smaller group of patients than previous versions. This change was based on a review of scientific evidence, which showed that the risk of adverse reactions to antibiotics outweigh the benefits of prophylaxis for most patients. Concern about the development of drug-resistant bacteria also was a factor.

The current guidelines recommend use of preventive antibiotics prior to certain dental procedures for patients with:

- artificial heart valves
- a history of infective endocarditis
- a cardiac transplant that develops a heart valve problem
- the following congenital (present from birth) heart conditions:
  - unrepaired or incompletely repaired cyanotic congenital heart disease, including those with palliative shunts and conduits
  - a completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter intervention, during the first six months after the procedure
  - any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or a prosthetic device



\* Patients should check with their cardiologist if there is any question as to whether they fall into one of these categories.

Patients who took prophylactic antibiotics in the past but no longer need them include those with:

- mitral valve prolapse
- rheumatic heart disease
- bicuspid valve disease
- calcified aortic stenosis
- congenital (present from birth) heart conditions such as ventricular septal defect, atrial septal defect and hypertrophic cardiomyopathy

Dr. Gielincki will ask about the nature of your heart problem. He will also ask what medications, if any, you're taking for it. Also be prepared to give Dr. Gielincki your physician's name and address and your permission to consult your physician about your heart problem.

Additionally, the antibiotic prophylaxis guidelines for patients who have a total joint replacement were updated by the American Academy of Orthopedic Surgeons (AAOS) in 2009. The current AAOS information statement recommends that clinicians consider antibiotic prophylaxis for all total joint replacement patients prior to any invasive procedure that may cause bacteremia for 2 years post surgery.

While specific dental procedures that may cause a bacteremia are not identified in the current statement, the 2003 statement identified the following procedures as having a higher incidence of bacteremia: dental extractions; periodontal procedures, including surgery, subgingival placement of antibiotic fibers/strips, scaling and root planing, probing, recall maintenance; dental implant placement and replantation of avulsed teeth; endodontic (root canal) instrumentation or surgery only beyond the apex; initial placement of orthodontic bands but not brackets; intraligamentary and intraosseous local anesthetic injections; prophylactic cleaning of teeth or implants where bleeding is anticipated.

#### Additional References:

American Academy of Orthopedic Surgeons  
[www.aaos.org](http://www.aaos.org)

American Dental Association  
[www.ada.org](http://www.ada.org)

American Heart Association  
<http://www.americanheart.org>

## A Safe, Easy, Inexpensive Way to Improve the Health of Your Gum Tissue

The gingival tissue round your teeth has a natural space called the sulcus. This groove varies in how deep and how wide it appears from person to person, even from tooth to tooth! It can be especially variable surrounding your implants, which differ in the way the tissue connects to the artificial root. The process of brushing your teeth and implants disrupt bacteria or viruses that may reside in these grooves. But if you have had a history of periodontal disease or have had implants placed, these grooves may be deeper than normal. This means that microorganisms that lie at the bottom of the sulcus may not be cleaned out by normal brushing alone. When you visit your dentist and hygienist for your regular professional dental cleaning they use special instruments to reach into these grooves to clean out what may be lurking inside.



The dilute bleach rinse recommended by Dr. Gielincki is an effective way for you to stop these harmful microorganisms from multiplying. A Waterpik, which can be purchased anywhere electric toothbrushes are sold, directs pressurized water and bleach into the sulcus where your toothbrush simply cannot reach. Studies by both the American Academy of Periodontology and the University of Southern California School of Dentistry show that a bleach solution of as little as 0.1% creates a hostile environment for viruses, bacteria, fungi, and other microbes that can escape normal brushing. This severely limits their growth. If this bleach rinse was recommended to you, remember that a half a teaspoon for the entire reservoir of your Waterpik is all you need! A Waterpik and a gallon of bleach can be a very inexpensive investment in ensuring your dental health for years to come!

## What our patients are saying Continued

This would allow us to work around the problem of deficient bone. He worked with the surgical team to help attach temporary teeth to the implants immediately after surgery. I had teeth that were screwed into place a couple days after the surgical procedure. Dr. Gielincki also monitored my progress while the implants became part of me, and made the final teeth at the proper time.

I never have to worry about dentures slipping or rubbing again. I can eat what I want, without worrying about having sore spots or my teeth coming out. I have a newfound sense of confidence. I could not have done it without Dr. Gielincki's diligence, professionalism, and attention to every detail. My deepest thanks go out to him and his staff... you guys gave me my smile back after over forty years!

Nancy M.

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## Meet the staff



Brenda George is our newest addition to the practice. She has been a dental assistant for 13 years and possess a degree in Dental Assisting from The University at Buffalo.

Brenda grew up on a dairy farm with her family and moved to Florida from a small town in Upstate NY outside of Buffalo in October 2009. She has six nieces and nephews, and a wonderful family that she misses very much. Brenda does not miss shoveling that nasty snow for a minute! She enjoys crafts, baking, gardening, movies, music, sports, and camping. Pretty much anything outside as long as its time spent enjoying the company of family and friends.

### CLOSE TO HOME



Thus far, Frank wasn't too impressed with the company's dental plan.