

PLAZA HEALTH DENTISTRY

# Oral Health Resolution 09

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The turn of the New Year provides a pivot point for both retrospection and forward contemplation. Time is more spent looking in the rear view mirror and straight through the windshield ahead than within the vehicle itself. It's less about *the now* and more about past and future considerations.

With this in mind we can resolve to better understand dentistry and its impact on your oral health. Dentistry's past and future can be seen today, likely, by just criss-crossing the hall of a professional building.

Let's open the door into dentistry's past. Upon entering you wonder if the avocado green carpet was laid before or after the wood trim was painted orange. Instructions are clearly marked on the sliding, smoked glass window to sign in and ring the bell (or vice versa). And the small wooden chairs fit neatly in the cramped, darkly lit waiting room.

Respect for the size of the waiting room increases upon seating in the treatment chair in the back operatory. The dental smell is distinctively antiseptic. The equipment and instruments look and sound intimidating. And this is just the preamble.

The dental *treatment* rendered in the past is more the real problem. Invasiveness (read: cutting) reigned. Remember, DDS stands for doctor of dental *surgery*. The searing noise of rotating handpieces laid teeth bare to the gumline – preparing them for full crowns. Infected gums are treated with scalpels and sutures. Natural teeth are routinely extracted, while, just as commonly, false teeth are removed from the mouth at night.

Entering dentistry's future, the reception room feels like a living room. Music, television, lighting and décor are upbeat and attractive. The treatment area is open, inviting and interesting and the room is impeccably clean and sterile, yet no objectionable smell is detectable. Distraction options abound and they include television, DVD's, movies, IPODS and headphones.

Future treatment contrasts mightily with the past. Minimally invasive fillings and on-lays keep teeth strong and healthy. Gum treatments are based on evidence and bacterially directed. More involved treatment is hardly noticeable with Sedation Care options. Implants keep replacement teeth stable and intact.

The past and future of dentistry can be summarized in algebraic expressions.

PAST: Decay + time = large holes → weak teeth → Full Cover Crowns (Caps) {Probability Root Canal} REPEAT TOOTH CUT ≈ Dentures.

FUTURE: Decay + early detection = small, white filling {HEALTHY TOOTH} laser gum treatment → ☺

Keep Smiling...The future is here.

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