

THE MOST EXPENSIVE DENTISTRY IS DENTISTRY YOU DON'T NEED

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These are my opinions based on forty decades of private practice dedicated to the preservation of our patient's teeth. Recently, after the oil price crash the local economy took another direct hit from hurricane Harvey, and everyone has gone into a recovery mode, dispensing with most things that are not immediately pressing, including dental appointments. As in all previous downturns in the economy, we see an increase in pressure on patients to have non-essential dental treatment by dentists who feel privileged to fill their books at the patient's expense with unneeded dental procedures. Our policy is that our second opinion visits are free, providing the patient brings us current radiographs (X-rays). As part of our policy, we conduct a thorough exam and recommend treatment on what we think the patient needs without referring to any existing treatment plan so that our opinion is not tainted.

During our "Second Opinion" exams, what we see along with unnecessary crowns, root canals, extractions, and implants, one of the most common unjustified treatments being prescribed is "Scaling and Root Planing" (SRP). As one of the few dentists involved with standardizing SRP treatment, it leaves me free to continue to write the rules for "scaling and root planing" for the profession and consumer public. Along with the ability to provide treatment comes the responsibility to provide a diagnosis regarding the source of the disease and thorough instructions on how to treat the cause. If you have missed several professional cleanings, it is possible that you are behind enough to justify another "SRP" procedure, particularly if your preliminary instructions and YOUR home care has been inadequate (notice that I emphasized the patient's responsibility). However, if the dental professionals recommending "SRP" have NOT emphasized YOUR responsibility in home care, it is probably time to consider coming to see us.

Each subsequent session of "SRP" is likely to contribute to the buildup of scar tissue, making it less and less likely that SRP will reduce gum pocket depth! There are three simple rules of home care that the professional care giver MUST hammer home or you WILL need future sessions of less and less effective "Scaling and Root Planing".

Lifelong rules for keeping your teeth and gums healthy.

1. Brush your gum lines!
2. Use interproximal brushes to drive baking soda between your teeth.
3. Use Common Sense Teeth Cleaning Powder™ or plain baking soda as your tooth paste.

Our second opinions are free, and we will take meticulous steps to include you and your loved ones in our diagnostic procedures with you seeing what we see on our big screen TV's. The most expensive dentistry is dentistry you don't need. If your radar goes off and you suspect that you are being "sold" procedures you don't need, especially crowns, implants, root canals, and "Scaling and Root Planing", trust your instincts. Come see us for our "Second Opinion".

This and more opinion articles are available on the www.jtimrainey.com website. Dr. Rainey is known for his research into tooth structure and has lectured worldwide on these topics. He can be reached @ drrainey@jtimrainey.com or 361 526 4695. Dr. Rainey maintains a private practice in Refugio, Texas @ 606 Osage

