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Peterson Family Dentistry

NATALIE PETERSON, D.D.S

TIPS FOR YOU

FLOSSING MADE EASY



More than 70% of Our Patients Floss 1x a Week or Less.

All of our patients indicate their keen interest in keeping their teeth for life.

The best way to keep your teeth for life is to floss daily.
Think of this visual...

Imagine if you were standing straight up. Your arms rested at your sides. Your legs and feet were tight together. Now imagine if you could only wash the parts of your body that were exposed and not the parts where your arms and legs rested against one another. You really wouldn't be clean if soap and water never met those areas.

Brushing the surface of your teeth is like only washing the surface of your body when your arms are resting at your sides and your legs are tight up against one another. If you don't floss your teeth you never get to disrupt the bacteria growth that grows between your teeth.

Flossing your teeth daily is something we all need to be better about doing, it gives you the greatest opportunity to prevent gum disease and tooth decay and keep your teeth for life. Gum disease is now linked to heart disease, stroke, and diabetes. Please floss today.

Put a note on the bathroom mirror, on your alarm clock, in your phone, on your calendar, and anywhere else that will help you remember to floss. If you want more recommendations on kinds of floss, please contact us. We have found that some people do better with one kind of floss or another. Keep trying them out. Keep trying to floss daily.

Dentistry On A Budget

*By Thomas P. Connelly, D.D.S - NYC Cosmetic Dentist
Excerpt from Huffington Post - [click here to read full article](#)*

In today's world of constant economic turmoil, it's fair to address the question of, "How can I afford dental care?"

I do believe there is an answer. It's not the popular answer, but I do feel it's the correct one. And that answer is a single word: prevention. I know, I know ... it's basic, and it's really not sexy. It's not the "secret to cheap dental care" that everyone is hoping for. Or is it?

I have to tell you, as a NYC cosmetic dentist, I see this day in and day out. Almost daily, I am visited by someone who "hasn't been to the dentist in years." The reasons are usually economic -- they didn't want to spend the money on twice-annual cleanings, x-rays and checkups. And the reason they came to me today: Because it hurts.

Well, once a tooth, or teeth, are to the point where they hurt, it's almost always very expensive -- usually "thousands of dollars" expensive. **Do you know how many cleanings and x-rays a thousand dollars buys? For most dentists, several years worth (and throw in a cavity filling or two).**

Essentially, what I am trying to say here is skipping out on x-rays and cleanings will probably cost you more money in the long run. Let's take a look at it numbers-wise:

- Avg. yearly cost of x-rays and cleaning: about \$300 (\$150 x 2)
- Avg. cost of filling if a cavity is found: about \$200

For this exercise, let's assume someone (Person A) gets four years of cleanings and x-rays, and during this time, has two cavities caught early and filled -- fair enough? That works out to \$1,600 over four years that Person A spent.

Person B skipped the twice yearly visits for four years, because they figured it would save them money. Let's assume the same two cavities, which in this case, were not caught early and were allowed to fester. In fact, untreated, they will likely become abscessed. The sad part is, person B will probably not know this until it's actually close to happening (many cavities are painless until it's far too late). Let's say one does abscess, prompting a dentist visit.

So now person B has an abscess, another one on the way, and needs major work. A root canal / post / crown for the abscessed tooth are going to run \$2,000 - \$3,000. The "one on the way" may very well need a root canal / post / crown as well (most dentists will now shy away from doing huge fillings, as they know it's a very temporary solution at best).
Bottom line: Person B saved NOTHING by skipping twice annual visits. In fact, they spent more ... way more.

You do not save anything by ignoring your teeth. In fact, it will end up costing you a lot -- either in high dental bills, or lost teeth (which, trust me, you don't want to happen).

Considering the above, here's my advice to **dentistry on a budget**:

- **Brush 3x a day -- after each meal. Yes, bring a toothbrush to work.**
- **Floss every evening.**
- **See your dentist twice yearly**, and get the small problems taken care of before they become big expensive problems (and they always do -- cavities don't get better on their own).

People who do the above religiously almost never have huge dental problems. At least not consistently (there's always outliers). And huge problems are the really expensive ones (crowns cost a fortune to make, the equipment the dentist must use is very expensive, etc ... there's a lot more expense than the several hours you sit in the chair ... that's for another post though).

Ok, one last thing here: If you do find yourself in a situation where you need thousands of dollars in work that you cannot afford, there are several third party dental credit specialists that will finance dental work for a year or two -- often with little to no interest. Care Credit by GE Capital is a common one. I'm not advocating debt, but if it's a choice between keeping teeth and debt, for me it's a no-brainer. You don't want to be without your natural teeth if you can help it at all.

If you have any questions on how Peterson Family Dentistry and my staff can assist you in keeping your teeth healthy please let us know - we are hear to keep your smile healthy and budget in check.

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