

BEACON PLACE DENTAL GROUP GAZETTE

A MONTHLY EMAIL NEWSLETTER

MAY 15TH, 2021

DR. PILAR SANCHEZ

Dr. Pilar Sanchez has been perfecting smiles in private practice since 1990. She has an amazing eye for design and expert execution of dentistry. Her calm and collected energy brings peace to patients in anxious moments. With gentle and welcoming company Dr. Sanchez performs with elegance and expertise. Dr. Sanchez received her dental degree in 1981 from Pontificia Universidad Javeriana Dental School in Bogota, Colombia.

After a one-year residency in the Colombian Army Health Division, she came to Boston University Goldman School of Graduate Dentistry in 1983 for a specialty Degree of Prosthodontics. After which, she attended Tufts University School of Dental Medicine to obtain her D.M.D. degree to practice in the United States. In addition to being in private practice since 1990, she had been a very active Clinical Instructor at Tufts University School of Dental Medicine for over 22 years.



"Active involvement in a clinical and academic environment has been a very fulfilling combination. It has allowed me to fully utilize my education, knowledge and skills to help people. Whether I am caring for patients or educating future dentists."

- Dr. Sanchez





DENTAL CROWNS

Dental crowns are famous for creating brilliant smiles, but they can do much more. Dental caps are used for smile makeovers, but also help repair teeth that would be otherwise removed.

Trauma, stress and tooth decay can wreak havoc on the outer tooth. After deciding to save a damaged tooth, the tooth will be cleaned and filed in preparation for the crown.

After installing the crown on top of the tooth, it is reinforced and just as strong as a healthy tooth. At the end of a successful treatment, a patient will regain full functionality of the tooth.

Crowns are stronger and more durable than fillings, inlays, and onlays. Compared to many other treatments, they are the most robust and long lasting option.



Dental Crowns also correct many imperfections in teeth. They cover up crooked, chipped, and discolored teeth. They can be used to give you a beautiful smile. Crowns also close gaps in teeth by encasing small teeth making them a more desirable size.



BEFORE



AFTER



THE BENEFITS OF AN ELECTRIC TOOTHBRUSH

Upgrading from a manual to an electric toothbrush has a variety of benefits. Electric toothbrush bristles vibrate or rotate to help remove plaque build up from your teeth and gums. This vibration allows for more micromovements every time you move the toothbrush across your teeth. A recent review of studies showed that in general, electric toothbrushes do decrease more plaque and gingivitis than manual tooth brushes. Oscillating toothbrushes render an even greater decrease.

People with arthritis or similar conditions often find using an electric toothbrush easier and more comfortable. Generally rich in technology and features, some electric toothbrushes can even enable you to improve your brushing habits.

Both electric and manual toothbrushes are effective at cleaning teeth if you use proper technique and brush long enough. Overall, an electric toothbrush may make brushing easier, resulting in better plaque removal. Talk with your dentist if you have questions about which toothbrush might be best for you.



BRUSHING UP

Your toothbrush or toothbrush head should be replaced every 3 to 4 months. Over time, bristles become frayed, reducing their efficacy to clean the teeth. It is also important to insert the tooth brush into your mouth at a 45 degree angle and use gentle strokes. Brush your tongue to remove any bacteria build up or plaque that has gotten stuck there in the process. The entire brushing process should have a duration of 2 minutes.



Most of our Team at Beacon Place Dental Group uses the DiamondClean electric toothbrush by Philips Sonicare. This brush delivers up to 62,000 brush movements per minute, giving you the equivalent of a whole month's of manual brushing in just two minutes. All Sonicare toothbrushes and brush heads are clinically tested to ensure the most effective yet gentle clean. The brush tracks brushing coverage for each session and adjusts intensity level when too much pressure is applied. It even highlights what areas are missing on a 3D mouth map. Ask us about electric brushing today!