



SmarTeeth

Helping You Make Better Dental Choices

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Our Practice Philosophy

We are here to help you make good dental decisions. We endeavor to do this by getting to know you and what your desires are for your dental health. We are ready to share, with you, all the information available about your dental care and to provide you with highest quality dentistry for your needs.

Dr. McCrea's Continuing Education

Dr. McCrea spent the day in Dallas September 18th to update his oral sedation permits and to find out what's new in sedation. When Dr. McCrea did his residency at Herman Hospital, he received training in a variety of sedation techniques.

The update focused mostly on sedating children for extensive dental treatment, but many adults can also benefit greatly from sedation for dental treatment. Dr. McCrea understands the concern that patients feel when presented with treatment they've never had done before or have had negative experiences with in the past. He wants to do everything in his power to make sure that patients are as comfortable as they can be before, during, and after their treatment. Oral sedation is an effective technique for dealing with the anxiety and stress of dental treatment and is much more cost effective than IV sedation (what oral surgeons and gum specialists use for their surgeries).

If you feel that oral sedation is something that would help you start and/or complete your treatment, just let us know and we will arrange an appointment for you to discuss it with Dr. McCrea. One thing to keep in mind is that you will not be able to drive yourself to or from your dental appointments if you are sedated.

Cold Sore- vs- Canker Sore

You have a painful sore in or around your mouth. What is it and, more importantly, how can you get rid of it?

Canker Sores are the more common of the two afflictions. They form on the soft mucous tissue inside your mouth. They start out as small red spots that swell, burst, and then become round sores with bright red borders. The causes of Canker Sores vary from food allergies to stress to vitamin B12 deficiencies. Canker Sores take about two weeks to heal. There are several over-the-counter and homemade remedies to help speed healing and

reduce pain. The best store bought rinse we've found is a Colgate product called **Peroxyl**. It has antiseptic/anesthetic quality as well as a nice mint flavor. A good homemade remedy is to mix **4oz of warm water with 1tsp of salt and 1tsp of baking soda** and rinse for one minute. This rinse can be used several times a day to help you feel better. Canker sores are **not contagious**.

Cold Sores, sometimes called fever blisters, are **highly contagious**. They usually form outside the mouth along the borders of your lips or around your nose and chin. They can also form on your gums, close to your teeth. They are caused by a herpetic virus, like chicken pox, that can remain dormant in your skin until it is stimulated by sun exposure, high fever, or being under a lot of stress. Most people who have them feel a burning or "twitching" sensation in the area for about 24 hours before they can see the cold sore. This is the time to start treatment. For a long time, prescription oral medications were the only sure way to head off a cold sore or make it less

obvious. Now there is medication that you can only get online that many of our patients swear by. It's called **Viroxyn**. It needs to be used right away when you feel the cold sore coming. For more information and ordering go to coldsoregone.com.



Save **\$1.00**

Benefit Year Running out

The end of the year will be here before you know it. Do you know what benefits you have left? Those of you whose benefits that renew at the end of the year should be sure that they have been in for their two check-up and cleaning appointments. Patients who need treatment or have started treatment want to be sure to maximize this year's benefits, especially ones who have already met their deductibles.

Care Credit

We are still offering Care Credit as a great way to finance your dental needs. Care Credit can help you spread payments out over a period of time without interest. Many of our patients have found this to be very helpful. Ask Sue for details. You can also apply online at www.carecredit.com.

