

Anh B. Dao, DDS

# Melody Lane Dental Group, PC

Creating healthy, beautiful smiles everyday

## White Teeth In One Hour? ZOOM2 is your answer!

Not one to wait several days for whitening results? Don't like wearing trays or strips? Then welcome to Zoom2! - the in office teeth whitening system that uses a full mouth bleaching light to activate the whitening gel in just one hour.



The convenience, speed, and effectiveness of Zoom2 makes it the perfect choice for the busy individual. The process begins with a short preparation to isolate your lips and gums. Then a Zoom2 Whitening gel is applied to your teeth, which is then activated by a specially designed light.

Teeth typically become about 6 - 10 shades whiter! A five minute fluoride treatment completes the procedure. You'll be amazed at the results, and in most cases, teeth get even whiter the first few days after the procedure. Just think what you can accomplish on your next lunch break! Are you ready to Zoom?

### *from the dentist. . .*



*Happy New Year!* As we start a new year I think about the new possibilities that 2006 will bring both to our office and to our families.

Starting the year off, I am excited to begin offer-

ing our patients the Zoom Whitening system! Those of you wanting to have dramatic results in *one* hour - this is for you!

With a new year comes new resolutions - at least that's when we all seem to set our goals isn't it? Many of my business goals include the patient's dental experience while in our office and making it as pleasant and comfortable as possible at

each visit.

I encourage you to also set a goal for yourself, for maintaining or increasing the value of your smile.

We hope that this year, if you are looking for a new office to care for your smile, that you will consider our dental office for you and your family.

Wishing you a promising New Year!

*Dr. Anh B. Dao*

Winter 2006

January - March

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shape & whiten  
your smile.

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for a Smile  
Makeover



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#### Office Hours:

Monday 8:00 am - 6:00 pm  
Tuesday 8:00 am - 6:00 pm  
Wednesday 8:00 am - 6:00 pm  
Thursday 8:00 am - 4:00 pm

Most Dental Insurance  
Accepted with Verified Benefits

For your convenience,  
we accept:

Care Credit, Dental Fee Plan,  
Visa, Discover, MC,  
& American Express

# INSTANT ORTHODONTICS:

Permanently reshape & whiten your smile

- No reduction of tooth structure
- No Shots
- 2 Easy Dental Visits
- Permanently Whitens
- Reshapes teeth



You may have heard of "instant orthodontics" , but maybe you didn't know it was this easy! Welcome to the world of Lumineer; a thin porcelain veneer that is contact lens thin in order to save your tooth structure, yet strong and durable enough for long term wear.

Lumineers are a terrific cosmetic solution for permanently stained teeth, chipped teeth, misaligned teeth and are so thin, that they are placed over your teeth without removing any tooth structure, unlike traditional veneers.

If you would like more information about Lumineers and whether or not they might be right for you, use the smile certificate on the back of this newsletter for a free Lumineer cosmetic consultation. At your visit, we'll take a picture of your teeth, then enhance your smile with our imagery program. You can see immediately what your smile could look like!

You can also visit the Lumineer website for more information at [www.cerinate.com](http://www.cerinate.com)

# Do you *Grind* your teeth?

**Bruxism:** Forceful grinding, and/or clenching of your teeth. *Could you be doing it?*

Many individuals are unaware that they are doing it, but the telltale signs can easily be seen during your dental exam.

- Worn down teeth
- Sensitive teeth
- Chipped or broken teeth
- Cracked or loose fillings
- Scarring on the tongue and cheeks
- Muscle spasms and pain around the jaw joint

While clenching is usually silent, grinding of the teeth can usually be heard! This stress to the jaw joints can lead to serious muscle spasms and pain, common symptoms of TMD.

So what can be done? Although the bruxing can be stress related, the best thing is to provide protection to your teeth until you find the clenching or grinding have stopped.

Our office recommends that a custom guard be made to act as a “crutch” to rest the jaw joints on. When your teeth clench or grind down, they are grinding against the guard instead of your teeth. Often times clenching or grinding occurs at night, so it is recommended that the guard be worn to sleep. Due to different habits, each patient may differ in how long the guard must be worn.

If you suspect that these could be your symptoms, let us know during your next dental exam!

## Floss 101

**Great moments in science? Probably not for most of us, but believe it or not, dental floss has actually been listed as one of them! Test your floss trivia knowledge and learn some fun and surprising facts even we didn't know!**

- **Did you know the inventor of floss was a New Orleans dentist named Levi Spear Parmly in 1815? He recommended that his patients use a piece of silk to clean better between their teeth...the rest is history as they say!**
- **Floss may have been used by the early American Indians: markings on teeth have been studied and thought to be floss markings.**
- **The first known commercial floss for sale was sold by a company named Codman and Shurtleff Co. in 1882 from Massachusetts. Johnson & Johnson released their floss in 1896 and placed a patent on it in 1898. It was made from the same silk as surgical sutures.**
- **TIPical Mary Ellen suggests using floss for hanging things like pictures or piñatas; slice cheese or refrigerated cookie dough; sew buttons on a coat; truss a stuffed turkey; repair a backpack or tent; and even use green floss to tie plants to stakes in your garden.**

**Who would have thought all this from just floss??**

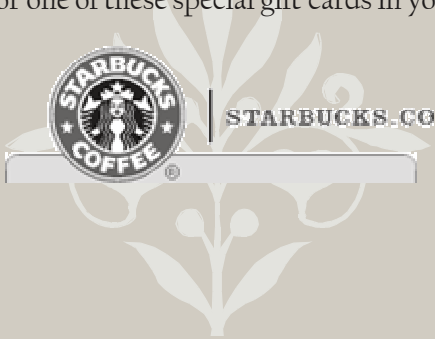
# Saying Thank You is Very Important to Us!

When you return time after time to our office for care, we realize that you are expressing your trust in our office for your family's dental care needs and that means a lot to us!

And when you refer a friend, family member, or co-worker to us, we know that you are placing them in our care and that is important to us as well!

We always look forward to meeting the people you send our way so that we can provide them with the same kind of reliable and friendly service that we give to you!

So the next time someone tells us you referred them to our office, look for one of these special gift cards in your mailbox ...



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Smile Makeover

**Complimentary  
Cosmetic Evaluation**

*Includes:*  
Before and After Photos Digitally  
enhance to show your smile potential

Smile Makeover

Have you been considering some changes to your smile, but want to see it first? Now you can! Our office has cosmetic imagery available to help you see your before and after photos in one visit. The cosmetic consultation is of no charge and includes your before and after photos for you to decide. Call us today to for your consultation at 281-992-7000.