

## ***If I could wave my magic “dental” wand...***



As a health-centered dentist, I spend much time getting to know my patients. In one-on-one consultations, we create plans to address specific dental needs focused on individual goals and desires. During these planning sessions, I am often asked, “how would I treat my own mouth or what could I do to guarantee a better dental future?” Many patients want to know how long their dental work “should” last and if insurance will help them pay for it. They want to consider all of their treatment options and they want to feel cared for completely. Thus...the concept of my magic dental wand was born. Below I have outlined: my top 4 wishes for helping patients achieve excellent dental health. I hope you enjoy these thoughts!

I wave my magic dental wand and poof...

***Wish #1: Your mouth would always be clean!*** My first wish is simple – a clean mouth = a healthy mouth. I wish for patients to take 10 minutes everyday (5 in the morning and 5 at night) to properly brush and floss. This simple act of excellent plaque control will protect their dental investment and prevent future dental needs.

***Wish #2: All treatments were preventative verses reactive.*** My second wish would be to treat all dental emergencies before the emergency happens. For example, I could repair a cracked filling before it falls out and hurts. Or, I could place a crown on a damaged molar before the tooth splits and is lost. Preventative dentistry is always less time-consuming, more comfortable and less expensive. To treat before the emergency happens would most definitely be my second wish!

***Wish #3: All patients could feel confident about their smiles!*** As I write my third wish, I am smiling. I am picturing the happy faces of those who have given me the opportunity to better their smiles over the years. I remember a mom whose husband surprised her with a ZOOM whitening gift card for Christmas. She would never have taken the time for herself and was so happy with the result. I also envision a certain retired business man who had always wanted straight teeth and was now ready to complete Invisalign and porcelain veneers. No matter the situation, my passion is to help others achieve confident, healthy smiles. For this, no job is more rewarding.

***Wish #4: Your insurance would help you become as healthy as possible.*** My last wish would be impactful. I wish for the ability to delegate individual insurance benefits to cover the needs of each specific patient. In this this “dream,” I would not have to worry about “allowable amounts.” No plan would try to dictate what materials I should use. In fact, imagine this...I would use the type of crown or filling that best meets the need of the patient! Crazy! I would remove silly stipulations like only 2 cleanings a year if you need 3 or no coverage for crowns until the tooth breaks or is infected. This last wish would be based on logic, health and wellness!

I hope you enjoyed my four wishes. I wish you (wish #5) Happy Holidays and wonderful New Year!

