

Ask the Dentist- January 2012

Dear Dr. Winter, I develop cavities near my gum line and my teeth are sensitive. Do toothpastes with potassium nitrite really help? Does anything rebuild enamel?

Dear Sue, recession could be a symptom of periodontal disease, poor brushing habits, traumatic bite related issues and should be evaluated by your dentist. Potassium nitrate will help plug pores in the exposed cementum of the tooth and MI paste or fluorides with calcium phosphate may help remineralize tooth structure but they won't rebuild lost enamel. You may need gingival grafting to cover the exposed areas or fillings if there is decay present. See your dentist to restore your cavities and discuss your diet, use of soda and acidic drinks to help prevent future cervical decay.

Dear Dr. Winter, My teeth are in real bad condition. Most remaining teeth are loose or rotted and all need extraction. My research indicates that mini-implant dentures would be my best option since I want a quick and in-expensive solution and want the dentures to be comfortably stable without the adhesives. A quick time frame is also required. Do mini-implant dentures have to be removed overnight?

Dear Carl, If your teeth are loose or broken down, they have to be removed and the sockets need to be grafted (adding bone) and allowed to heal for 8 months before mini-implants can be placed. While mini-implants need the bone to completely heal, traditional implants may be able to be placed right away.

Sometimes we can remove teeth, put in traditional implants the same day and make a snap-on-denture that will have an

upgrade path later. Mini-implants cannot support bridgework or a "fixed denture" in the future. Traditional implants are larger and provide many options from holding on to bars, screw retained dentures or holding on to permanent bridgework! If your budget is limited, using larger implants and putting in a few per year can give you a long-term solution where you don't need to remove your teeth at night. Mini-implant supported dentures need to be out of your mouth 6-8 hours per day. Usually people do this at night. Leaving them in can cause yeast infections and grinding forces at night and should be avoided.

We invite our readers to visit us for a comprehensive examination or second option. Please call us at 414-464-9021 and mention this column for a special consideration! You can read about our dentistry, see photos and videos at WWW.WINTERDENTAL.COM

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