

Dr. Scott Clinton, D.D.S.
201 Ferris Avenue, Suite J
Waxahachie, TX 75165

Phone: (972) 937-4370
Fax: (972) 937-4369
www.scottclintondds.com
waxfamdent@sbcglobal.net



Dental News Bites

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TMJ Disorder

The cause of some TMJ disorders can be traced to trauma from a severe blow to the jaw, degeneration of the joint, osteoarthritis, rheumatoid arthritis or other forms of inflammation. The causes of many cases of TMJ disorders, however, aren't always clear. Some experts believe that responses to stress or anxiety may be a primary or contributing causal factor.

If you frequently clench your jaw when you're stressed, irritated or concentrating, the muscles of the TMJ are kept in a contracted position. Similarly, you may respond to tension or anxiety by grinding your teeth. You may even clench your jaw or grind your teeth in your sleep without realizing it.

Other habits that overwork the jaw muscles, such as chewing

on a pen or chewing gum, may exacerbate the pain of TMJ disorders.

Signs of TMJ Disorder

- *Pain or tenderness of jaw*
- *Aching pain in and around your ear*
- *Difficulty chewing or discomfort while chewing*
- *Aching facial pain*
- *A clicking sound or grating sensation when opening your mouth or chewing*
- *Locking of the joint, making it difficult to open or close your mouth*
- *Headache*
- *Uncomfortable bite*

Poor posture of the head, neck and shoulders, such as pushing your head forward or slouching while working at a computer -

may put strain on the muscular and skeletal systems that are closely related to the jaw muscles and joints.

You may feel pain or tenderness, even when you aren't moving your jaw. But in most cases, the pain or tenderness worsens when you move your jaw.

Talk to your dentist if you have persistent pain or tenderness in your TMJ, if you have facial pain and experience clicking or grating when you chew or move your jaw, or if you can't open or close your jaw completely.

Jaw clicking is common and doesn't always signal a problem. If there's no pain or limitation of movement associated with your jaw clicking, you probably don't have a TMJ disorder.

COLORING CONTEST

WE NEED YOUR HELP!!!!!!!
Dr. Clinton is looking for a patient (12 years of age or younger) to create a picture in crayon with a dental theme and if your picture is chosen, it will be used in our next advertisement and YOUR photo will also be included! The winner will receive a special prize!!!



Rules:

1. Patient MUST be 12 year of age or younger.
2. The picture must be dental related (ex. A tooth fairy, a dentist office, a toothbrush wearing a cape.)

Want a Whiter, Brighter



Forget those messy whitening strips, or other over the counter remedies for whiter teeth! Come into our office for your regular re-care exam, cleaning, and x-rays

to receive custom whitening trays and a take home bleaching kit for \$89.00. Keep your 6 month re-care appointment and you will receive FREE touch up whitening gel twice a year! Restrictions may apply. Call for details!

No Interest Payment Options!

We offer CareCredit® because your smile is important to us! CareCredit® is a convenient payment program for the entire family. Use CareCredit® to pay for co-payments, deductibles and treatment that is not covered by your insurance. Start treatment now and pay over time with inter

est free financing! We also accept Discover, Visa, and MasterCard for your convenience. For more information about CareCredit® visit www.carecredit.com



Waxahachie Family Dentistry: *Your Full-Service Dental Office*

At Waxahachie Family Dentistry our dental office is designed with today's family in mind.

From the efficient and flexible scheduling of dental appointments, to the very latest in dental technology, Dr. Scott Clinton and his staff pride themselves in providing quality dentistry.

We value the importance of today's technology. It enables us to serve our patients efficiently and comfortably.

For your convenience, our office and individual dental treatment rooms are completely connected to the Internet.



As a full service dental office, we can handle all of your dental needs from regular hygiene (cleaning) appointments and teeth whitening services, to dental implants and cosmetic dentistry.

Porcelain veneers are a conservative, non-aggressive way to rejuvenate your smile. Veneers work well for tooth reshaping and resizing. The attraction of veneers is not only the final natural appearance, but the conservative nature of preparation (shaping) means that very little natural tooth structure is removed.

Porcelain Veneer treatment is also time-convenient. It takes two appointments to complete a smile. The first appointment is the shaping-impression appointment. While our specialized esthetic technician is custom crafting the ceramic veneers, you will wear provisional porcelain veneers to keep them comfortable and socially confident. The second appointment involves the bonding of the custom porcelain veneers with the final finishing, adjustment, and polishing.

See how natural the gums are! This is another advantage to modern porcelain veneer techniques. The ceramics blend in so well with the natural tooth structure that the borders are finished without intruding on the gumline. As a result, finishing and polishing can be accomplished to the highest level.



Furthermore, this virtually eliminates the chance for contamination during the bonding process (which is the reason for staining in some situations following porcelain veneer placement).

Dentures and Bridges allow Dr. Clinton to replace missing teeth with natural, functional replacements far superior to traditional dentures and bridges.

Dental implants can be divided into two types: those that sit on top of the jawbone under the gums, and those that fit into the jawbone like the root of a natural tooth. Both types provide solid, non-mobile support for replacement teeth which act and feel like natural teeth. Since both types are attached to your jawbone, they can provide distinct advantages over traditional methods of replacing missing teeth.

Proper chewing function is restored so you can enjoy foods too difficult to eat with traditional replacements, Implants will not move or loosen, Implants replicate the look, feel and function of your natural teeth, No adhesives are required, Implants have no clasps that cause damage to remaining natural teeth, Painful and inflamed gums are eliminated, Healthy teeth are not "cut down" in order to accommodate the replacements, Implants help stop the progressive bone loss and shrinkage of

Implants are clinically proven, with a success rate in excess of 90%.

Crowns don't have to appear dull, chalky, and have a dark line at the gum line. Metal-free ceramics, in combination with modern bonding adhesives, provide strong, durable, and beautiful teeth that rival nature.

Using cosmetic dentistry, Dr. Clinton brings beautiful smiles to the residents of Texas. Questions? Call Today!



YOU COULD LOSE YOUR DENTAL BENEFITS!

Do you have dental insurance? If so, time may be running out.

Remember that most insurance deductibles expire at year's end...and whatever benefits you do not use, you lose!

Don't let this happen to you. You have worked hard to earn your benefits, and you should take advantage of them.

Remember...many dental procedures take time to finish, and appointments for the fall and winter months usually are booked well in advance.

Plan early and you'll be sure to take full advantage of your insurance benefits. Schedule your appointment today!