

Be Anxiety Free

Oral conscious sedation brings relief

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these

fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozey, as if you'd had a few glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.

Please contact us if you feel that oral conscious sedation might be right for you.



Q Does it really matter if I lose a tooth?

A Every tooth in your mouth plays an important role in speaking, chewing, and in maintaining proper alignment of your other teeth. If you lose a tooth, the gap must be filled by a dental implant, bridge, or removable denture for your mouth to function properly.

Dental **Q&A**

office information

Cosmetic Dental Spa
Ricardo M. Perez, DDS
81 Gregory Lane, Suite 320
Pleasant Hill, CA 94523-3361

Office Hours

Mon & Tue 8:00 am – 5:00 pm
Wed & Thu 7:00 am – 4:00 pm
Friday 8:00 am – 5:00 pm

Rotating schedule every other week:
Wed-Fri and Mon-Wed

Contact Information

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Office Staff

Sandy Office Manager
Kathy Hygienists
Adi Massage Therapist
Laura, Devra Dental Assistants



Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Dental Implants Improving smiles

In the best of all worlds, our natural teeth should last for a lifetime. Unfortunately, most of us will lose teeth over the years due to periodontal disease, decay, trauma, or simple ageing.

Until recently, tooth replacement meant a fixed bridge or removable dentures. Now dental implants can provide permanent, stable, attractive replacement teeth for your lifelong smile. Dental implants consist of three parts: an anchor implanted into your jawbone; a post to attach the replacement tooth; and the replacement tooth itself.

Studies show that almost 90% of denture wearers who switch to implants find their confidence and smile quota improves! It's no wonder that implants are an attractive, effective treatment choice for many patients!



RICARDO M. PEREZ, D.D.S.
COSMETIC DENTAL SPA
Committed to Dental Excellence

Spring 2008

fromthedentist

Spring Is Here! *We deserve it!*

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home – the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

Yours in good dental health,

Dr. Ricardo M. Perez

turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!

Do You Need An Upgrade?

Your teeth experience many changes over the years. In fact, you may have noticed that your teeth at age forty have quite a different appearance than twenty years earlier.

There are many factors that can age your smile:

- Teeth shorten over time – up to two millimeters in twenty years – causing you to appear “toothless,” while also causing you to lose lip support.
- Regular wear and tear on teeth can cause the natural ridged characteristics to diminish, leaving them worn down with a “boxy” look.
- Teeth can shift, causing a hallowed appearance in the cheeks. In fact, fewer than 10% of those in their fifties have the same alignment as they did thirty years earlier.
- Dental work discolors. Although the durability may still be there, any staining or discoloration that occurs instantly adds years to your appearance.
- Enamel thins during the ageing process, causing chips and cracks where food and stains can become trapped leaving you with a darkened smile.
- Teeth can also darken and yellow as the enamel thins, allowing more of the tooth's natural dentin to show through. This combination of thinning and discoloration can make teeth appear gray.

Luckily, today, you don't have to grin and bear it! From bonding to veneers – whitening to replacing old dental work – we can help you find the perfect solution to keep your smile from ageing!



Thank you for all your referrals. We appreciate them!