



# Makarita

CREATING BEAUTIFUL SMILES

Summer 2008

## fromthedentist

### Exceeding Expectations *Our daily pledge*

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ... and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

*Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.*

*Thank you for your support.*

*Dr. H.R. Makarita*

## turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!

## Welcome To The Future

### Announcing new smile technologies!

This is wonderful time to be in dentistry. We have two wonderful new technologies that will help us to give you your best smile ever!

#### **Precision Microscope**

Our new Global microscope has been specially designed for procedures requiring a great deal of technical precision, including root canal therapy. Using this microscope enhances our ability to serve you with the greatest effectiveness and convenience.

#### **Digital Restorations**

We're very proud to offer you the revolutionary *E4D Dentist™ System*. With it we can manufacture lifelike porcelain crowns, veneers, inlays, and onlays right here in our office. Previously, these types of tooth reconstruction required messy impressions and several appointments.

Now, entire procedures take place in only one office visit.

E4D combines a laser scanner with Computer Aided Design/Computer Aided Manufacturing (CAD/CAM) technology to create an accurate 3D picture of your mouth and your damaged tooth. The image is then transferred to a color computer screen.

Unlike other systems that select a sample restoration from a library based on other people's teeth, the E4D captures hundreds of thousands of points of reference with each image to customize a tooth for your individual anatomy. You can watch your custom restoration being designed while you wait.

We then match strong, natural-looking ceramic material to your tooth color, and manufacture your new tooth right here for your convenience.

E4D could transform your smile – in only one visit!

*Please  
call for a  
consultation.*



*Thank you for all your referrals. We appreciate them!*

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

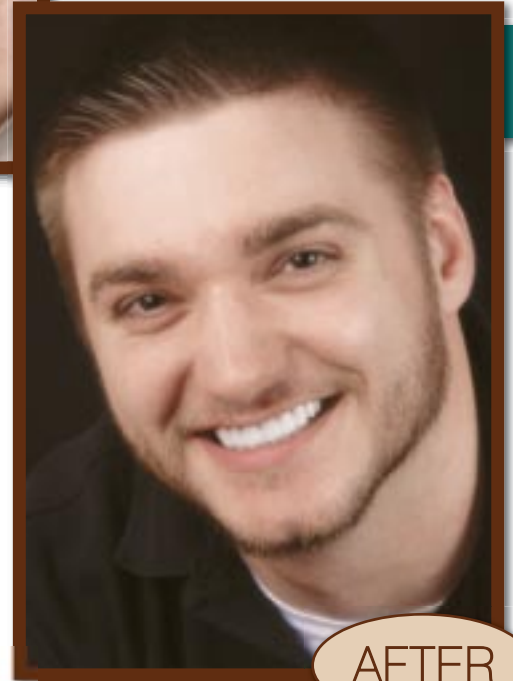
repair

straighten

brighten

camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.







## 2

## Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** – We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** – We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

- hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

- regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

#### IMPLANT & VENEERS



#### COMPOSITE FILLINGS



# Let's Get Motivated

**Follow through – your smile is worth it!**

A lifetime of excellent oral and dental health is within the reach of most of us, even if we've had some history of neglecting our teeth. And perhaps the first and most important step we can take is to set realistic routines for at-home care of our oral health.

For a good home care program to work we need to find ways to motivate ourselves to make certain we follow through. Certainly, understanding some of the consequences of oral health neglect can have a galvanizing effect. For example, research suggests that gum disease, which affects roughly three out of four adults, may be associated with increased health risks. Long term and short term studies have made associations between gum disease and stroke, heart disease, diabetes, and osteoporosis, just for starters. And knowing that paying just minutes of attention a day – brushing twice, and flossing once – will help you keep your own teeth all your life is a powerful incentive.

Healthy lifestyle choices can also be inspiring: exercise, good nutrition, and moderate alcohol intake are all important parts of our overall and oral health. Still, there really is no substitute for a strict smile regimen of cleaning, flossing, and rinsing, along with a program of regular dental checkups.

Give us a call, and let's get you started! The ultimate reward? Your own beautiful smile, greeting the world every day! ... Now there's motivation!



## Flossing Properly

Wind about 18 inches of floss around the middle fingers of each hand, leaving about five inches in between. Pinch the floss between your thumbs and index fingers and leave about one inch to work with. Gently guide the floss down between the teeth, pull it into a C shape around the sides of a tooth, and slide it under the gum line. Clean the surface of the tooth by using an up-and-down motion. Repeat the process on all teeth. Wind the floss to a fresh section for each tooth. If you encounter flossing difficulties, let us know. We're here to help.

## Extreme Results

### Minimal effort

You don't need to have an extreme procedure to get extreme results. If you have admired today's look of big square even teeth, and believe your teeth are too small, your new smile may be within easy reach thanks to a simple procedure called a *gum lift*. In only one or two visits, we can unveil the true power of your smile.

When it comes to appearance, your gumline can be every bit as important as your lipline and your teeth. By revealing the beautiful natural enamel beneath a too-gummy smile, dentistry can restore the eye-catching proportions and symmetry of your smile ... and your face.

Don't be self-conscious because your teeth look too short or too small, because too much of your gums show, or because your teeth look different lengths.

Call us. We'd be extremely pleased to help you!

## officeinformation

### H. R. Makarita, DDS, MAGD, FAACD

2936 Chain Bridge Road, Suite 200  
Oakton, VA 22124-3003

#### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 5:00 pm  
Friday 8:00 am – 2:00 pm \*

\* administration only

#### Phone Numbers

Office (703) 255-1150  
Fax (703) 255-2733  
Emergency (877) 771-2511 \*  
Email info@fixasmile.com  
Web site www.fixasmile.com

\* answering service

#### Office Staff

Janet ..... Patient Coordinator  
Barbara, Masooda... Chairside Assistants  
Louise ..... Dental Hygienist  
Karen ..... Practice Administrator



## Time Management

### It's a good thing!

Just as we need to keep your general medical history up-to-date to provide you with the best care possible, we need keep your contact information current. This allows for better time management and with it, better managed patient care.

Please be sure to notify us of any changes in your mailing address, phone numbers, and email or text messaging addresses if you use them. This will allow us to be quickly responsive about scheduling and keep you informed about any changes that could affect you. Indicating your preference for how we contact you is important.

This is just as much a part of our ongoing commitment to excellence as our state-of-the-art technology and our philosophy of excellent patient care.

It's great when you stay in touch. We're always happy to hear from you.