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## A Note from Dr. Perry on “Teeth-In-A-Day”

*Many people have heard advertisements for “teeth in a day”. Go from no teeth or a hopeless set of teeth to an implant retained set of teeth all in one day! Sounds terrific... but does this actually happen? Well ... kind of.*

*It is true that implants can be placed in one day and a non-removable set of teeth can be delivered. And we do it frequently. But there is a lot of planning that occurs before “teeth in a day”! First, a 3-dimensional bone scan is taken. Then the oral surgeon determines where good bone is located, so implants can be placed. The restoring dentist determines where the teeth should go to maximize esthetics and chewing function. Then the implant placement and ideal tooth placement are digitally combined to make it all work out. Everything is carefully planned. Then, you get teeth in a day!*

*But these are temporary teeth. Typically about 3 months afterward we are ready to make the permanent set of teeth. This set of teeth is usually prettier and made of higher quality material.*

*So “teeth in a day” is kind of a reality. It’s an incredible service for our patients. To go from failing teeth to non-removable teeth and never having to wear a removable denture is amazing.*

*Sincerely,  
Dave*





## *Wedding Special*

**Free Teeth Whitening for the Bride or Groom**

*With the purchase of whitening for two or more of the wedding party.*





## Can Rancho Dental Help You with Mild to Moderate Sleep Apnea?

Did you know the less sleep you get the more it affects your mental and physical health? Rancho Dental is committed to giving you a great night's sleep. Nearly two thirds of all adults have insufficient sleep at least 4 nights a week. Whether it is snoring or mild-moderate sleep apnea, we want to help!

Sleep apnea is an involuntary interruption of breathing that occurs while a person is asleep. Most people who suffer from sleep apnea are unaware of the cessation of breathing because it does not trigger the sleeper awake. There are three types of sleep apnea: obstructive, central, and mixed. Obstructive sleep apnea, often called OSA for short, is the most common. Many people with this problem seek sleep apnea treatment.

The most common treatment for sleep apnea is a CPAP machine. A less invasive option is oral appliance therapy. You can have a custom oral appliance designed specifically for you. It is an appliance worn while sleeping, like a sports mouth guard or an orthodontic appliance. This is where Rancho Dental can help with sleep apnea treatment! It is less invasive and less noisy, making for a better night's sleep for you and your partner.

Call today and make your appointment to discuss the easy and affordable options that are right for you.



### Some common sleep apnea symptoms include:

- *Snoring*
- *Insomnia*
- *High Blood Pressure*
- *Headaches*
- *Fatigue*
- *Excessive Sleepiness*
- *Weight Gain*
- *Stroke*
- *Heart Failure, Irregular Heartbeats or Heart Attacks*
- *Diabetes*
- *Depression*
- *Worsening ADHD*





## Why do we lose teeth as kids?

It is often very exciting for a kid to wiggle their loose teeth until they come out. If a loose tooth is bothering your child however, you may be tempted to pull it out. What is the recommended course of action regarding kids losing teeth?

### *Why is it loose?*

Beginning around age 6, your child will notice some wiggly teeth. This is because permanent teeth are pushing upwards on the baby teeth. Eventually, the baby teeth roots dissolve enough for kids to pull them out with minimal blood and it makes way for the permanent teeth.

### *Why do the front teeth fall out first?*

You may not realize it, but kids losing teeth actually involves order. The baby teeth that fall out first should be the teeth that came in first. First to go is usually the front teeth, around 6 or 7. Instead of pulling the tooth out, allow your child to wiggle it out. This will help to minimize pain. Additionally, as with the baby teeth, you want to help your child brush and floss daily. Ensure they are learning from you as you set the proper example!

### *What if we need help getting a tooth out?*

Kids losing teeth is generally a pretty smooth experience. If however you are finding this to be difficult for your child, give us a call! Dr. Perry & Dr. Dan are great children's dentists and will provide needed care!

*\*If tooth loss is due to mouth injury please contact your dentist ASAP to prevent further damage.*







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