



GREEN HILLS DENTISTRY

FAMILY ■ COSMETIC ■ SLEEP SOLUTIONS

How to choose a whitening system that is right for you

White teeth are a sign of youth and beauty. They show off our smiles, give us confidence, and enhance the way we are perceived by others. Our goal is to find the easiest, most comfortable, and most predictable way to give you the smile you want.

There are two ways to brighten your smile. The first is to cover your teeth with porcelain

veneers, crowns, or bridges. This gives us complete control over the final shade and shape of your teeth, but only affects the teeth that are treated.

The second, and more common method, is to whiten your natural teeth with a hydrogen peroxide solution like Listerine Whitening Pre-Rinse, Arm and Hammer Whitening toothpaste, and Crest Whitestrips, which

work very well for some people. We carry professional strength WhiteStrips and Tres-White in the office which are both more effective and potentially less expensive than any over-the-counter product.

For patients who need a more powerful whitening procedure, we fabricate Deep Bleaching trays that are used with a stronger whitening gel. More

challenging stains, require an in-office treatment that enhances the effects of the custom Deep Bleaching trays. Using this method, we can achieve a level of whitening that is far superior to any other product available. The beauty of Deep Bleaching is that your full smile will be as white as your natural teeth can be...and you can keep them white for a lifetime.

Enter to win a Brighter Smile!

2 Ways to enter:

1. Tell us why you like us in a **Google review**.
2. Refer a patient and get **ENTERED TWICE!**

Drawing will be held once we receive 10 Google reviews and 10 Patient Referrals.



Testimonials

We asked two of our most challenging whitening patients what they thought about their results from Deep Bleaching:

“Initially, I was a little hesitant about trying this procedure, but I found it to be worth the time and cost. I have been thrilled with the appearance of my teeth, and maintaining the results through treatment at home has been easy.

My teeth seem even whiter now than at the conclusion of the initial process, about two years ago. I really enjoy smiling now!” W.B.

Our real patient results:



Before



After

“My teeth had been grey for as long as I could remember--the result of antibiotic therapy as a child. Through the years, new treatments became available to “brighten smiles”, but none of these treatments could effectively whiten my teeth.

Then, Dr. Forgosh recommended that I consider the Deep Bleaching system. The treatment process was exciting as we saw progress with each session. The result? Even better than I had ever hoped. The maintenance is a breeze. And now I smile without hesitation :)” G.O.

Important Announcement

Our office will be closed from Friday, June 28th through Sunday, July 7th.

The office will return to regular schedule Monday, July 8th.

As always, Dr. Forgosh can be reached for dental emergencies by calling the emergency phone number found on our office answering machine.

Custom sports mouthguards protect more than your teeth



We all want our kids to have fun, play hard, and soak up all the wonderful lessons that can be learned from healthy competition and being part of a team. Above all else, we want our children to be safe.

Wearing a well fitting mouthguard with adequate thickness and extension beyond the teeth is an excellent safeguard against not only dental injuries, but also concussions and traumatic brain injuries that occur when the lower jaw closes violently against the upper on impact.

Current research shows that these injuries can lead to a significant increase in long term neurologic diseases such as Alzheimers, Lou Gehrigs Disease, and Parkinsons.

Unfortunately, the “boil and bite” guards that are available over-the-counter are not nearly as protective or comfortable as professionally fabricated mouthguards. If you have a child who participates in youth sports or you are a weekend warrior, we can create a custom mouthguard to add comfort and safety to your play.

Giving Back

This time around

A few weeks ago, Keshua asked if we would consider helping the family of a friend of hers for this year’s “Giving Back” campaign. She told us of her friend, a 41 year old man with a wife, two young girls (12 years and 18 months old), and an extremely aggressive malignant brain tumor.

In the past we collected household goods for the Lowhill Township food bank. This year, we will focus our efforts on trying to help just one family in desperate need.

If you would like to bring in an item, you can drop it off at the office, or call Sharon at the office (610-395-0980) for details. Thank you.

In an emergency...

What to do if your crown falls out:

If you ever have a dental emergency while we are out of the office, Dr. Forgosh can be reached through the emergency phone number found at the end of the message on our answering machine.

One of the most common emergency calls we get is for a loose crown or bridge. Fortunately, there is no need to cancel weekend plans if this happens to you. The first thing to do is try the crown back in (it will only fit one way). Then get some denture adhesive gel found at any drug store, and place a little drop inside of the crown. Put the crown back in and wipe off the excess adhesive. This should help the crown stay in place until we can see you in the office.

Down sports drinks with caution

Gatorade was first developed to prevent dehydration among elite athletes during intense and prolonged training sessions in severe heat. Few of us ever require that level of hydration. Yet, sports drinks have been marketed so well, many of us reach for them instead of water for refreshment more often than rehydration.

These drinks are loaded with sugar

and are extremely acidic. This is an ideal combination for promoting tooth decay, as the bacteria in our mouths turn those sugars into even more acid that eat away at healthy tooth structure. This is how cavities are born.

When you get thirsty this summer, drink natural water. It will refresh, rehydrate, and reduce plastic bottle waste.



SPORTS DRINKS can be as bad for your teeth as soda!

For more information, check out our website www.ghdentistry.com or Like Us on Facebook!