

# General Dentistry Information Packet Hillcrest Family Dentistry

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*“General dentistry consists of both preventative and restorative services to keep your mouth healthy. In the world of dental health care, the general dentist is the go-to person for preventing tooth decay and gum disease, and for discussing any dental concerns you may have. Our Medford dental office prides itself on devoting the time and energy necessary to provide you with the high-quality, compassionate dental care you deserve.”*

- Dr. Dimitrios Vareldzis



## What is general dentistry?

A general dentist is your first line of defense in maintaining a healthy mouth and beautiful smile. General dentistry refers to dental care that encompasses all aspects of preventative tooth care, such as regular cleanings and x-rays. The general dentist is responsible for providing you with a treatment plan to optimize the health of your teeth and gums, including referring you to any specialists you may need to see, such as an orthodontist or oral surgeon.

Our dental practice is a bioesthetic dental practice. Keep reading to learn more about what this means...

## What is bioesthetic treatment?

Your head, neck, and mouth are home to a many different nerves, muscles, tendons, ligaments, and joints, which all work together to allow you to speak, eat, and express emotion. If your smile is poorly aligned, or your jaw joints do not close evenly, you may suffer from a number of undesirable effects:

- Increased dental wear and tear
- Chronic dental grinding
- Headaches
- TMJ problems—including limited jaw mobility
- Unaesthetic dental alignment

Bioesthetic treatment combines state of the art diagnostic tests with innovative rehabilitative and preventative therapies to bring the teeth and jaw joints into harmony. Bioesthetic treatment is unique because not only does it optimize your natural smile, it can also help you minimize head, jaw, and neck pain without medication.

## What are the benefits of using a general dentist?

**One-stop shop:** A general dentist provides you with all of your basic dental health needs, from cleanings to fillings to oral cancer screening. The general dentist can also offer you additional services, such as teeth whitening, which is done in the same office.

**Relationship:** Entrusting your oral health care to a dentist means building a long-term relationship with that person. Because you visit a general dentist twice a year for checkups and for any other dental needs you have, you and your dentist become familiar with each other over time. This allows the dentist to develop a long-term plan to maintain your oral health, and for you to be comfortable talking about your needs.

**Emergencies:** In addition to providing regular dental exams, general dentists provide emergency services. So if you break a tooth or have another dental emergency, your general dentist will see you right away to repair the damage.

## Is a general dentist right for me?

A general dentist provides the preventative and restorative dental care that everyone needs, including:

- **Regular cleanings**
- **Fluoride treatments**
- **X-rays to check for tooth decay**
- **Cavity fillings**
- **Screening for oral cancer**

You can benefit from seeing a general dentist if you want someone who can provide you with the preventative dental care necessary to maintain a healthy mouth and detect any signs of tooth decay and gum disease.

## Does my insurance cover general dentistry?

Costs for dental care can vary by person, depending on the amount and type of care your teeth need. If you come in for a free consultation, I can give you a much better idea of the costs involved with your case by examining your teeth.

If you have dental insurance, you may be able to have all or part of the cost of your family's dental services covered. The easiest way to find out is to simply call the number on your insurance card and ask them. If your company offers a Flexible Spending Account (FSA), you may be able to use it to pay for your dental services.

The good news is that there are payment plans available that can cost as little as \$100/mo. When you come in for your free consultation, we can

discuss which plans might be appropriate. There are also third-party financing options such as CareCredit ([www.carecredit.com](http://www.carecredit.com)) that you can investigate.

## Why do so many people in choose Hillcrest Family Dentistry for dental care?

### **Treatment to Fit Your Life**

We know that you have a lot going on, which is why we provide dental care that is designed to fit in with your life. We offer flexible scheduling options and extended appointments for your convenience. We also utilize a range of sedation treatments to keep you calm and comfortable in the dentist's chair.

### **State-of-the-Art Technology**

Cutting-edge technology allows our dental team provide superior dental care to patients of all ages. Digital X-rays and VELscope oral cancer screenings, for example, enable us to spot and treat emerging dental problems before they become severe. Laser periodontal treatment provides a comfortable and effective alternative to traditional cut-and-sew surgery. You'll find that At Hillcrest Family Dentistry, we are at the forefront of dental technology.

### **Personal Attention**

Our honest and caring dental team will treat you like family. We take the time to get to know our patients—their fears and goals—so that we can develop strong relationships with them, and treat the whole patient. With more than 27 years of experience and with continued education, Dr. Vareldzis can help you find the perfect treatment solution for your situation.

### **How do I get started?**

To get started, first call my office at **(541) 234-3030** or go to [www.TheMedfordDentist.com](http://www.TheMedfordDentist.com) to schedule your consultation. I'm looking forward to hearing from you and helping you achieve the smile of your dreams!