

THE IMPORTANCE OF SAVING YOUR TEETH

Nothing else looks, feels or functions like your natural teeth, so saving them should always be the top priority when dental care is needed.

Missy Clark was having a problem with a tooth. "It was a back molar, and when I bit down it was hurting, quite sore. It came on abruptly," she says.

Her dentist told her she needed to see an endodontist for a root canal procedure, and he suggested Emily Tyler, DMD, of Oceanside Endodontics of St. Augustine.



OCEANSIDE
ENDODONTICS

EMILY W. TYLER, DMD

The phrase *root canal* made Missy a little anxious, she confides.

"The first time you hear you need a root canal, it sounds traumatic. I was nervous, because I didn't know what to expect."

Fortunately, her concerns were quickly alleviated when she visited the Oceanside Endodontics office for her first appointment.

"I went in to see Dr. Tyler and, first of all, the office is beautiful. That makes you feel comfortable," explains Missy. "Patti in the front office answered all my questions, and her two assistants, Sara and Portia, made me feel comfortable. They were quite professional."

By the time she spoke with the doctor herself, Missy was feeling reassured.

"I met Dr. Tyler, and she is delightful," she recalls. "She was really caring, and she made me feel comfortable, too."

"And what's so neat is that I thought the root canal would be painful, but it wasn't. It only took about thirty minutes, and it was quite easy!"

Modern = comfortable

Root canal procedures do not cause pain, they relieve it. Endodontists are dentists who specialize in performing root canal procedures. They have advanced training

in this very specialized area of dental medicine. Because their practice is limited to endodontics, they treat these types of problems every day. With the most modern equipment and techniques available, including operating microscopes, ultrasonics, and digital imaging, they use their special training and experience to perform routine as well as difficult and very complex endodontic procedures, including endodontic surgery.

"Going for a root canal should not be a scary or traumatic experience," says Dr. Tyler. "The procedure has vastly improved from what it used to be, and is not something to be afraid of."

Advancements in technology and instrumentation in recent years allow me to work quickly, efficiently, and with maximum comfort to the patient, and most procedures can be completed in a single appointment. We strive to provide the highest quality of treatment and a comfortable, pain-free experience."

The endodontist is a valuable partner on your general dentist's team of trusted caregivers, and is no different than medical specialists who provide expert advice for heart, bone, or other health problems. Endodontists are uniquely qualified to evaluate whether your tooth requires a root canal to be saved, and which treatment option is best for you.

A root canal becomes necessary when the nerves and soft tissue inside the tooth become inflamed or infected. During the procedure, the endodontist makes a small opening in the crown of the tooth, using small instruments to clean the inside of the tooth. After the root canal space is cleaned and shaped, the endodontist fills the canals with a biocompatible, rubber-like material and an adhesive cement to ensure complete sealing of the canals. The final restoration of the tooth is then accomplished by the referring dentist in most cases, after which the tooth continues to function like any other tooth.

Most people who are referred to Dr. Tyler for a root canal have two choices, explains the doctor. "Once a tooth becomes infected, irreversibly inflamed, or cracked," she says, "your options are either to try to save it with a root canal procedure, or to have the tooth extracted. If there is sufficient bone surrounding



"I would refer anyone to Dr. Tyler," says Missy. "She's fabulous."

the tooth, and enough tooth structure to restore it, I recommend trying to save the tooth if possible." Saving a natural tooth with root canal treatment has many advantages:

- Maintains normal biting forces and sensation
- Maintains the surrounding bone in your jaws
- Efficient chewing
- Natural appearance
- Protects other teeth from excessive wear or strain

"Many people do not realize the importance of keeping your teeth," adds Dr. Tyler. "Missing teeth can create more dental problems or complications in the future – including bone loss, and changes in your bite, or the way your teeth fit together."

"Luckily, a root canal is a predictable, effective method of saving a tooth and thereby preventing the need for a bridge or dental implant. Endodontic treatment helps you maintain your natural smile, continue eating the foods you love, and limit the need for ongoing dental work. With proper care, most teeth that have undergone root canal treatment can last as long as other natural teeth, and often for a lifetime."

"No pain whatsoever"

Missy emphasizes the ease of the root canal procedure, adding that Dr. Tyler's "chairside" manner with patients makes her tops in her book.

"When she performed the root canal, she had great chairside manners, and explained everything. She even called

me that evening to check on me, which I thought was superb."

When Missy learned that she needed root canal work for additional teeth, she made sure that those visits would be with Dr. Tyler again.

"When I was eight years old, I fell off a bike and cracked my two front teeth," she explains. "At that time, they just needed to be bonded. But more recently, I needed some touch-up work from my regular dentist, and once we started messing with these teeth, I needed root canals on them."

She agrees with Dr. Tyler about the importance of saving one's own natural teeth, adding that she has since advised others to follow her lead if a root canal is required.

"I've heard people say, *Well, I need a root canal; I'm just going to pull it out.* I said, *No, why would you do that? You want to save your natural teeth.*"

She thanks Dr. Tyler and the staff of Oceanside Endodontics for their professionalism and their caring attitude toward patients.

"It's a very professional, caring, clean office, with a great atmosphere," assures Missy. "Mostly, I just don't want people to think that a root canal is traumatic. In fact, I went in there in pain and left feeling better than when I came in. I didn't even take any medication afterwards other than over-the-counter ibuprofen. There was no pain whatsoever." **FHCN**



"BeBo" is all kisses now that his owner, Missy, has a brand-new smile!

THE ROOT CANAL SPECIALISTS

Dr. Tyler looks forward to hearing from the readers of *Florida Health Care News*. For more information, or to schedule an appointment, please call (904) 217-7012. Oceanside Endodontics of St. Augustine is located at 2510 US Highway 1 South, Suite B, in St. Augustine.

Services Provided

- Root Canal Treatment
- Microscopic Endodontic Surgery
- Endodontic Re-treatment
- Emergency Dental Treatment
- Cracked Tooth Treatment
- Traumatic Dental Injury Treatment



Emily W. Tyler, DMD, received her Doctor of Dental Medicine degree from the University of Florida College of Dentistry, graduating magna cum laude. She completed her endodontic residency at Tufts University School of Dental Medicine in Boston, MA. Dr. Tyler is a member of the American Association of Endodontists, the Florida Association of Endodontists, the American Dental Association, the Florida Dental Association, the Jacksonville Dental Society, and the St. Augustine Dental Society.