

New Technology, Old Fashioned Service

Gregory G. Oman DDS PC  
1480 South Orchard Drive  
Bountiful UT 84010

We have been fortunate and we hope that continues into the future. Kris will continue to provide excellent service to you in the hygiene department. We are always working to be better at diagnosis and presenting recommended dental treatment to you. Jamie will continue as she has for some years giving the expertise she has acquired working in the dental profession for many years.

A big part of our dental team that rarely is noticed is the contingent of the dental labs we use for some restorations. One lab fabricates our removable devices like full and partial dentures. We still use, when indicated, labs that fabricate crowns and bridges. With our CEREC CAD/CAM machine in the office we do many crowns in one visit appointments, but sometimes it is indicated by circumstances that a crown needs to be done at a lab. The two week wait for crowns from lab are becoming fewer and fewer. We truly feel privileged to serve you and will continue to be up to date with technology and procedures for you.



## **DOCTOR TALKER**

It is hardly not noticeable but there seem to be all kinds of changes going on in the world. It happens I suppose. In the dental profession I think it has been a great benefit for the public to see how dental care is provided now compared to 50 years ago. It is better. It could be stated that change is inevitable.

We are going to have some change in our dental office in the next two of weeks. Kim, our receptionist for the past 9 years is leaving the state and moving to the East Coast. We wish her well and are extremely appreciative of her efforts and expertise in our dental practice. We have actively looked at resumes from applicants and are close to having a new employee in our practice. In fact, as you are reading this it may have already happened.

We hope you will be patient with us as we train and acclimate our staff during this change. I have been fortunate to have had a stable dental staff providing care and service to our wonderful dental family. I hear of offices that have a constant staff turnover causing increased stress and uncertainty. (Continued on Page 4)

## Dr. Oman's Reading List

**Princess** by Jean Sasson ♥♥♥♥

**11 Days in December** by Stanley Weintraub ♥♥♥

**Marked for Death** by Geert Wilders ♥♥♥

**Who Built That** by Michelle Malkin ♥♥♥

**The Checklist Manifest: How to Get Things Right** by Atul Gawande ♥♥♥

**The Dumbest Generation** by Mark Bauerlein ♥♥♥

**D-Day Through German Eyes** by Holger Eckhertz ♥♥♥

**Billy Martin: Baseball's Flawed Genius** by Bill Pennington ♥♥1/2  
**American Caesar: Douglas MacArthur 1880-1964** by William Manchester ♥♥♥♥

**The Big Roads** by Earl Swift ♥♥♥

**Merchants of Despair** by Robert Zubrin ♥♥♥♥

**Reilly's Luck** by Louis L'Amour ♥♥♥♥

**Soul Mates** by W. Bradford Wilcox and Nicholas H. Wolfing ♥♥♥

**A Case for Nuclear-Generated Electricity** by Scott W. Heaberlin ♥♥♥♥

**10 Books that Screwed Up The World** by Benjamin Wiker ♥♥♥

## The CariVU

We are carefully looking for new aids in diagnosing and treating dental pathology. We have recently acquired the CariVu device. It is a small wand that transmits near InfraRed light that transilluminates the tooth. It can show decay, cracks and filling leaks that cannot be seen on dental x-rays. We have had it in the office for two weeks. It can detect decay when it is smaller, easy to restore with a smaller restoration. Clients seem to agree that a smaller filling is a better and easier filling. Research is showing that our back teeth develop cracks down the sides more than we previously imagined. We can see those cracks and decay that has developed in them before the x-rays can on some occasions. This device will not totally do away with our need for x-rays but it will amplify our capacity to diagnose and treat dental decay. It takes an extra 5 minutes or so to look at all the teeth but our experience so far has been that it is not too cumbersome for you. We are happy to provide this for you.

Here is some news you can use. The May 2016 Journal of the American Dental Association writes that we, meaning health care providers, have been using too many antibiotics for questionable reasons. When I started practice we would give antibiotics and narcotics routinely for certain procedures. I changed that practice over 15 years ago. Unless there is obvious infection there are no prescriptions given for antibiotics. Bacteria are slowly mutating and they will be able to overpower our antibiotics in the future. Just because a tooth is sore does not necessarily mean antibiotics are necessary. We will evaluate each case carefully and thoroughly to determine if antibiotics are indicated. Along those same lines it is apparent now that most soreness in the mouth is caused by inflammation of some kind. This includes teeth needing root canals, post surgical pain and inflamed nerves. It is now accepted that inflammation is cured by using anti-inflammatory medications. Ibuprofen works the best for most people. We have been doing this for years and will continue to do so. If you have

## Bleaching

Bleaching has been a part of dental practice for many years. Results have always been, and possibly always will be, uncertain. We have used bleaching systems that require fabrication of custom fitting trays and the bleach is provided to the client to be used at home. That is dependent entirely on the client's desire and initiative to use the material.

We now have in the office a bleaching system that shows great promise. It is an in office bleaching system that takes from 25 minutes to 55 minutes, depending on the individual. It uses bleaching compounds and desensitizing compounds with a light that shines into the teeth while the client sits in a comfortable position in the dental chair. If after 20 minutes the bleaching effect is not quite as intense then we use another bleaching compound for 25 more minutes. If you are interested in this procedure please let us know.