

Achieving a Healthy Smile

Straight teeth and healthier gums give you a great smile.

Before meeting Stephen G. Blank, DDS, Stanley Silver suffered crowded teeth, pockets between the teeth, and the risk of future gum disease. Having neglected his teeth for too many years, Stanley suddenly recognized the importance of having a healthy smile.

A retired Broadway theater show manager, Stanley confides, "I had a couple of food pockets between my teeth. I felt so rude because after eating, I had food stuck in my teeth, which led me to pick my teeth. This went on for years."

Stanley met Dr. Blank while volunteering in the community. Stanley says, "When I first met Dr. Blank, I was very impressed with him as a person, and as a volunteer. His attention to detail impressed me, too."

Since Stanley already knew Dr. Blank personally, he decided he would try him out as a dentist.

Invisalign for straight teeth

Dr. Blank remembers when Stanley first came in to see him at his office.

"When Stanley came to me for an examination, the first thing we did was check on the health of his gums. They weren't so healthy. Part of that had to do with crowding in the front and some spaces between the teeth in the back where food could get compacted every time he was chewing."

The first step in treating Stanley's oral health was root cleaning. This deep cleaning method involves going below the gum line and cleaning out all of the debris from the root surfaces.

Dr. Blank reports, "When we brush our teeth at home, we can only get one or two millimeters under our own gumline. Beyond that, it gets more and more difficult to clean our own mouth."

At the first visit, all patients can expect that Dr. Blank will measure the gums around each individual tooth and

record those measurements to get a baseline. From there he will determine if your level of gum health is good or needs care.

Dr. Blank says, "Our goal is always to get the patients to optimum health. Only then can we focus on getting the teeth better aligned."

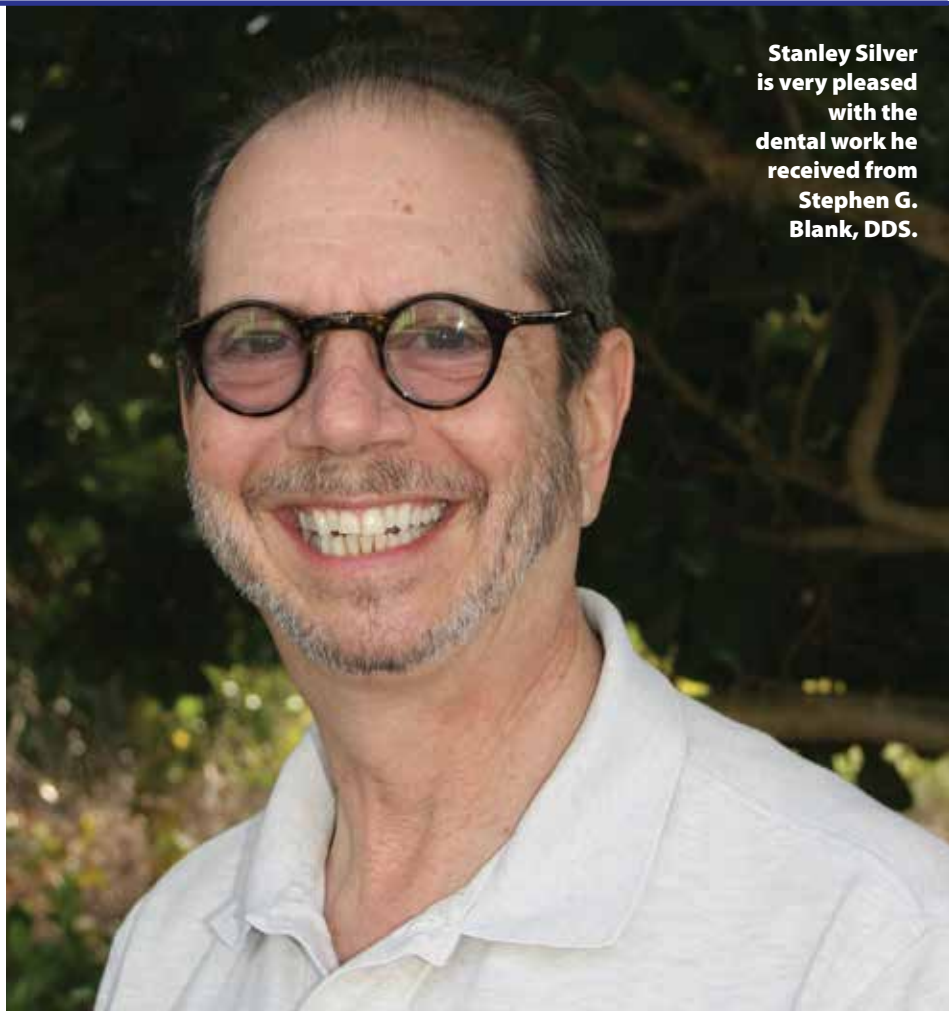
In Stanley's case, he had pockets along his gumline that were measuring five and six millimeters. After cleaning those pockets, Raquel, the dental hygienist who works with Dr. Blank, was able to medicate the area in order for the gums to heal properly. Later, after the tissue had time to mature and heal, Dr. Blank re-measured to see the results of the root cleaning. Stanley had a significant improvement from the gum therapy that Raquel provided and from Stanley's own home care.

Now that the gums were healthy, the spacing issue between the teeth could be addressed.

Dr. Blank says, "We took impressions and did our treatment planning for alignment. Invisalign allows patients to wear clear, removable aligners over their teeth. The goal is to wear them as close to twenty-four hours a day as possible, only taking them out for meal time, and brushing and flossing. I check the patients once a month to see that the teeth are tracking and moving as planned."

"After impressions, the patient's upper teeth and lower teeth are scanned into a computer to get a digital copy of their teeth. Then, using computer software, we come up with a prescription for the aligners. When a patient receives an aligner, we sometimes have multiple movements taking place at the same time. At the end of a two-week period, most of that movement is done, and the next aligner goes in to begin the next step of movement. Each aligner moves the teeth one step closer toward the final finish line of straight teeth."

According to Dr. Blank, an added bonus is that the aligners are clear, making them less visible than traditional metal braces. Patients also don't have to use special equipment, like a floss threader, for oral hygiene.



Stanley Silver is very pleased with the dental work he received from Stephen G. Blank, DDS.

Stephen Blank, DDS

www.PSLdentist.com



An improved, healthy smile

Today, Stanley is a very satisfied patient with a brand-new smile. His gums are healthier and his teeth are straighter.

Stanley says, "It's actually quite hard to believe what my teeth looked like originally. It's fascinating how my teeth have moved around."

Dr. Blank wants his patients to know that there is no age limit on Invisalign. The only limitation is that the patient has to have healthy gum and tooth connections.

"If the patient has healthy gums, then aligning teeth is always a possibility," Dr. Blank explains. "That's what the dental exam is for, to determine if the patient is a good candidate for treatment. We've started Invisalign patients that are as old as eighty-two and as young as teenagers." As for Stanley, he has already referred

one new patient to Dr. Blank, and says he will continue to refer others.

"I highly recommend Dr. Blank," Stanley relays. "He and his staff are extraordinary and his attention to detail makes him very effective. I really like the results."

Stanley is still very involved in his community and he still loves Broadway. He even makes a trip to New York a few times a year to catch a Broadway show. With his straight teeth and healthy gums, he can now show off his new smile everywhere he goes. **FHCN**—Ashley Grant



PHOTOS COURTESY OF DR. BLANK

Invisalign® - the alternative to traditional braces

Nearly undetectable – in most cases, only you will notice you are wearing them.

Continue to enjoy your favorite foods – with traditional braces, foods like popcorn, hard candy, even bread can get stuck in the metal and this can be difficult to clean.

Brush and floss normally – the aligners can easily be removed, so your oral hygiene routine won't suffer.

Comfortable and effective – Invisalign aligners pop in and out with ease.

SNAP Instant Dental Imaging

Dr. Blank and his staff look forward to meeting the readers of *Florida Health Care News*. For more information or to schedule an appointment, please call (772) 878-7348. His office is located at 184 NW Central Park Plaza in Port St. Lucie. Ask how you can see your smile enhanced with SNAP Instant Dental Imaging. You will be able to see your new smile before you make any decisions.



Gold Medal Winner

Dr. Blank was awarded gold medals by the Florida Academy of Cosmetic Dentistry (FACD) Scientific Session competition, which is designed to reward excellence in clinical cosmetic dentistry. The FACD is an organization devoted to seeking improvements in the science and art of cosmetic dentistry.



Scan the QR code for Dr. Blank's contact information.

Dr. Blank invites you to visit his website at www.PSLDENTIST.com.