At Foster Family Dental we offer a full range of dental services.

SERVICES- PREVENTIVE

\*Comprehensive Exams

Every new and established patient receives a thorough exam during routine cleaning appointments. A comprehensive exam includes the following:

-Oral Cancer Screening: We perform and intraoral and extraoral inspections by palpating and visualizing your tissues through magnification loupes. If tissue abnormalities are detected, or you have high risk factors, additional tests may be performed or a referral to a specialist may be recommended.

-Periodontal (Gum) Disease evaluation: Your foundation of your teeth is your supporting bone and gums. We utilize gum measurements and x-rays to determine if you have gum disease. Periodontal therapy will be discussed to get your mouth healthy again.

-Check for tooth decay: All of your teeth will be checked for cavities, cracks, broken or leaking fillings, and any other conditions that may compromise their function.

-Assessment of the TMJ: Dr. Foster will feel your jaw joints for any popping or clicking, limitations in opening, or any other issues that may require attention.

\*Dental Cleanings

Most patients benefit from having their teeth cleaned every 6 months. Some patients need to come more frequently. Your dental cleaning will be performed by Dr. Foster.

Routine dental cleanings include:

-Tarter/Calculus removal: When dental plaque is not removed frequently enough or in an ineffective manner, it becomes exposed to the calcium and phosphate in our saliva. This makes it hard like bone, and only our dental instruments and ultrasonics can remove it.

-Plaque/Stain removal: Soft plaque deposits and stain are removed with our dental polisher and prophylactic paste. Dr. Foster will provide oral hygiene instructions at your appointment so you can remove plaque effectively at home

\*X-rays

At Foster Family Dental, we take every precaution to reduce radiation to a level that is as low as reasonable acceptable. Using double-leaded protective vests with circumferential thyroid collars and digital x-ray sensors, we have drastically reduced patients exposure to radiation in comparison to years past.

Dental x-rays in and of themselves are not a significant source of radiation. In fact, enjoying an hour of beautiful Colorado sunshine exposes you to more radiation than your check-up radiographs. Dental professionals can only see 60% of your tooth structure and 0% of the supporting bone without x-rays. The dental and periodontal problems associated with NOT getting recommended x-rays are far more risky than the negligible amount of radiation to which you are exposed.

If you are at minimal risk to dental decay and gum disease, Dr. Foster is happy to recommend an extended x-ray schedule as an alternative to the annual schedule recommended by the American Dental Association.

\*Fluoride

Fluoride is a naturally occurring mineral that prevents tooth decay by making the outer surface of your teeth (enamel) more resistant to the acid attacks that cause tooth decay. Both children and adults benefit from fluoride. Dr. Foster recommends all patients use a fluoridated toothpaste or mouthrinse as an added step in preventing decay. Also, we offer fluoride varnish applications for those who are at a higher risk of decay.

Dr. Foster is sensitive and respectful of patients’ desires to eliminate fluoride in their lifestyle. She provides fluoride-free prophy paste during cleanings and natural products are available for purchase for those who desire alternative products.

Sealants

A sealant is a thin, plastic coasting that flows into the grooves and pits in molar teeth, preventing future cavities. Sealants can last many years, and are an excellent method to prevent decay, especially for children and teens and those who have deep grooves in their teeth. Sealants do no require you to be numb to have them placed, do not require a drill, and you can chew and eat on them as soon as your appointment is complete.

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RESTORATIVE DENTISTRY

When teeth are worn, cracked, chipped, missing, infected, or have cavities, we have many different options to restore them to a natural, beautiful state. These options include composite (tooth-colored) fillings, crowns (caps), bridges, dentures, and implants.

Dr. Foster will always provide you with different options for restoring your teeth, taking into consideration what your concerns and ultimate goals are. If you have any questions regarding treatment presented to you, even by another dental provider, Dr. Foster is always happy and available to consult with you.

Many restorations last several years, decades even. However, please note that no tooth restoration is considered permanent. Like natural teeth, restored teeth are also susceptible to wear, decay, cracks and infection. Regular dental check-ups, cleanings, and x-rays will help in maintaining your investment for as long as possible.

Composite (Tooth-Colored) Fillings

Composite fillings are an aesthetic and conservative way to treat tooth decay. Composite fillings are ideal for replacing small to moderate amounts of tooth structure. These types of fillings are adhesively bonded to teeth, allowing you to preserve more of your natural tooth. With composite fillings, we can closely match the shade of your natural tooth. Composite fillings can also replace discolored and leaking metal fillings, repair chipped teeth, and close spaces between front teeth.

At Foster Family Dental, we have chosen to provide our patients with a mercury-free facility and do not place amalgam (silver) fillings. When placed correctly, new generations of composite filling material can last a long time. Composite fillings require much less tooth structure to be removed and sometimes can be placed without being numb. Additionally, you can eat on tooth-colored fillings immediately after they are placed. There are many benefits in restoring your tooth with composite fillings.

Crowns

When a tooth presents in a condition beyond a simple composite filling repair, crowns are an excellent choice to restore it to its proper shape and function. There are many different crowns, and each crown has its advantages depending on the ultimate function of the tooth. If crowns are necessary for you, Dr. Foster will discuss each different type and make a recommendation.

-Full Gold Crowns- These crowns look gold, but are composed of a mixture of metals with a high gold content. Gold crowns are excellent for back teeth (molars) and have a record for being one of the longest lasting types of crowns.

-All Porcelain Crowns- These metal-free crowns are composed solely of porcelain, however there are many different types of porcelain crowns, some of which are more esthetic than others. Dr. Foster utilizes a local Colorado lab known for their esthetic ceramic restorations and together we can transform your smile with high-quality, long-lasting materials.

When is a crown necessary?

-When a tooth is cracked or brittle

-After root canal therapy

-When a tooth has a large amount of decay that a filling cannot restore adequately

-When large, old fillings are breaking down or cracking the remaining tooth structure

-For esthetic purposes, if you have a desire to improve your smile

Bridges (Fixed Partial Dentures)

A bridge is an excellent way to replace a missing tooth or teeth. Bridges are composed of crowns on existing teeth (abutments) with replacement teeth in between spanning the area of the missing teeth. Unlike conventional dentures or partials, bridges are not removable and are cemented in, much like crowns. Just like there are different types of crowns, there are different types of bridges. Dr. Foster will discuss the differences with you, along with other options to replace teeth, if you have areas of missing teeth.

Bridges are placed to:

-Replace missing teeth

-Keep the remaining teeth from moving

-Help maintain the shape of your cheeks and lips

-Restore your smile

-Maintain your ability to chew

-Replace existing removable appliances, such as partials

Bridges, like crowns and other restorations, should not be considered a permanent solution. Though materials continue to improve, these restorations are susceptible to breaking, decay, wear, etc. However, with proper maintenance, many patients utilize these restorations for many, many years.

Dentures and Partials

When many or all of your teeth are missing, dentures and partials are an effective way to restore your smile, both esthetically and functionally.

Complete dentures are used when all of the teeth are missing. Should complete dentures be in your future, Dr. Foster can discuss your options to make sure you do not have to go ANY time without teeth. Complete dentures take time to make correctly and take time to get adjusted to. Experiences differ from patient to patient; should you need more support, implants can be placed so your dentures can “snap” into place. Though a longer process and more expensive, patients are usually much happier with implant-supported dentures.

Partials can replace as little or as many missing teeth a patient may have. There are many types of partials some made with metal with acrylic and others made fully of acrylic or nylon. Dr. Foster is happy to go over your options and the benefits of each type of partial should they be a treatment option for you.

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Root Canal Treatment

When the inner nerve of a tooth becomes infected or traumatized by trauma or tooth decay, it begins to die. This process can be painful or can proceed undetected, with little to no pain at all. Regardless, once the nerve has died, it becomes necrotic, and the tooth harbors bacteria that cause a chronic infection that cannot be remedied by antibiotics alone.

Root canals themselves have a negative reputation. However, root canal procedures are typically not painful, can be performed relatively quickly, and actually make a tooth feel MUCH better once completed.

A tooth may need a root canal if:

-You have a swelling or abscess on your gums

-It has become very hot or cold sensitive

-It hurts to bite

-An x-ray detects an abscess

-It hurts constantly or wakes you up in the middle of the night

Dr. Foster performs most root canals in her office, and many times can complete the procedure in one appointment. If you would be better served seeing a root canal specialist, Dr. Foster works closely with the top specialist in Denver and can get you seen right away.

If you are having pain, or any of the symptoms listed above, Dr. Foster is available to see you, as emergencies are seen the same day. Please call the office, and if it after business hours, you will be directed to her cell phone.

Extractions

When a tooth has been infected or damaged beyond the ability for it to be restored or fixed, it has to be extracted or “pulled.” Dr. Foster has extensive training and experience in extracting teeth, even impacted wisdom teeth. Those most teeth are removed easily and quickly with just a local anesthetic, we offer nitrous oxide (“laughing gas”) or oral sedatives for those who prefer more comfort for their surgery.

Before your surgery, Dr. Foster will go over treatment options to replace any teeth that need to be removed. With proper preparation, patients can many times have their teeth removed and alternatives replaced the same day.

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Cosmetic Dentistry

For most patients, basic preventative and restorative care is all that is needed to maintain a healthy beautiful smile. However, if you would like to change your smile to become more esthetically pleasing, our office offers a number of procedures that can improve the appearance of your teeth.

Cosmetic procedures we offer include:

-Veneers and crowns

-In-office and at-home whitening

-Fixing chips and cracks

-Closing spaces between teeth

-Replacing old, unattractive dental fillings and restorations

Veneers

Veneers are thin pieces of porcelain that are custom made by our quality dental laboratory to the exact shape and shade specifications for your new smile. Veneers are a very conservative treatment, as little to no dental structure needs to be removed to achieve the ideal shape and color you desire. Veneers can be used to “permanently whiten” your teeth, close spaces between your teeth, and give you a permanent cosmetic solution.

Whitening

At Foster Family Dental, we offer two methods to whiten your teeth, both of which are tremendously effective:

-In-Office Whitening: In as little as 30 minutes, your teeth can be dramatically whiter, and the results can last up to a year. Dr. Foster utilizes EZ-White, a light-activated whitening system that is safe and conservative, producing little to no sensitivity in most patients.

-Custom Trays: Known as the traditional professional whitening method, custom trays can be made to fit your teeth for at-home whitening. Though the results are more gradual than in-office whitening, there are many advantages to having custom trays made. Touch-ups are easy and cost effective and you can take advantage of the many different whitening products and strengths we offer at our office.

For the best results with whitening, it is advised to get your teeth cleaned and examined prior to starting treatment.

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Patient Information

At Foster Family Dental, we are happy to assist you in filing your dental insurance. We are well versed in most dental plans and can maximize the benefits offered by your particular plan.

Dr. Foster is an in-network provider with Delta Dental Premier.

Payment is due at the time of service, including dental copays and estimates. We gladly accept cash, checks, MasterCard, Visa, and Discover.

For those who do not have dental insurance, we invite you to take advantage of **Foster Family Dental’s Dental Savings Plan.** This plan is designed to help people maintain their oral health when they are self-employed, unemployed, or just without dental coverage. We hope this will help people who might otherwise feel they cannot afford dental care. In a 12-month period the plan includes:

-2 routine cleanings

-2 exams (includes oral cancer and periodontal disease screenings)

-Diagnostic radiographs (2 to 4 bitewings)

-1 fluoride treatment

-All other x-rays, restorative work, emergency care, and whitening are offered at a 15% discount

The fee for this plan is $350 for adults and $299 for children. Please give our office a call for more details.