

Highlights



228 Saint Paul Street, Westfield, NJ 07090

PAUL ARFANIS D.D.S.

A Comprehensive, Patient-Centered Dental Practice

908-232-0074

Welcome to "Highlights," a newsletter from my office to keep you informed of the services we provide and new developments in dentistry that we offer our patients. Feel free to ask me any questions you have the next time you're in the office.

-- Dr. Paul Arfanis

Headaches may be caused by dental problems

Susan in her twenties had persistent headaches that her headache remedies didn't cure. She was checked for TMJ disorder, problems with the jaw joint.

What's all the headache about?

TMJ disorders afflict up to 15 percent of Americans. The disorder may cause recurring headaches as well as tenderness of the chewing muscles and clicking or locking of the joints, dizziness, earaches or stuffiness in the ears and disrupted sleep. Pain can also occur in the back, arms, hands and especially the neck.

What causes TMJ disorders?

Problems with the jaw joint often result from a combination of muscle tension and structural problems with the joint itself. The problems may include:

- Misalignment of the upper and lower sets of teeth, missing teeth, toothache, injury to the head or neck, and clenching or grinding of the teeth while asleep.
- Malfunctioning of the joint.
- Poor posture and muscle tone.

How can you find out if you have a TMJ disorder?

Dr. Arfanis can perform a comprehensive evaluation to determine any TMJ problems. The evaluation may include:

- Examination of your head and neck muscles,
- Examining your bite to check for abnormalities in the alignment of your jaws,
- Looking for high fillings, a tipped tooth, and displaced teeth that can cause a misalignment of the jaw, or dental issues such as improper orthodontics.

- Checking for indications of teeth grinding,
- Applying light pressure in areas around your jaw to determine the sources of pain or discomfort,
- Evaluating any stress you are experiencing which may trigger pain.

Correcting dental problems and bad habits go a long way in treating TMJ

Alleviating the pain can be achieved with conservative treatments such as hot or cold compresses on the side of your face to relax muscles, anti-inflammatory medicines and correcting dental treatment which may be the cause of the pain.

Invisible braces are a reality

- Invisible aligners, made by Invisalign, are made of clear thermoplastic.
- It's unlikely that anyone will know you are wearing them.
- A series of aligners are custom made for you so that only selected teeth are moved slowly.
- The aligners are removable, so you can eat and drink what you want and brush and floss as usual.
- To get started, make an appointment with Dr. Arfanis. He will use 3-D computer-imaging technology to show you how your straight teeth will look when your treatment is finished.



Visit: www.paularfanisdds.com
or call for an appointment

• Comprehensive, Patient-Centered Dental Care •

Nitrous oxide, commonly called laughing gas, can reduce pain and anxiety, but is it safe?

Comfortable dental care is the aim of our office. For us, controlling pain and anxiety are important considerations in the care we give to each patient. Our dentistry can offer you sedation through the use of nitrous oxide, a pain relieving and sedating gas that is mixed with oxygen to make you feel more comfortable during dental care.

Safety

- Nitrous oxide is very safe with few side effects and no ill effects on the heart, lungs, liver, kidneys or brain.
- There is no hang-over because the gas is eliminated from the body within 3 to 5 minutes after the gas is stopped.
- You can drive home safely with no need for an escort.

The Advantages

- The gas is administered through a nasal mask that fits over your nose and works in 2 or 3 minutes.
- For certain procedures, laughing gas may be the only anesthesia you need.
- The gas is colorless, sweet-smelling and nonirritating and produces a mild euphoric relaxation.

* Some people experienced giggles with nitrous oxide, hence the name laughing gas.

Visit our website at www.paularfanisdds.com or call for an appointment - **908-232-0074**.

Refer a Friend and YOU get a gift!

If you refer a friend or family member who becomes a patient, we'll give you a gift of a **\$75 credit** on your account for each person you refer.

This is only valid if the person or persons you refer are treated by our office. They must be new patients. Anyone who has previously been treated by our office is not eligible.

FREE invisalign® Consultation

Invisalign uses a series of clear aligners to move each tooth into place for a naturally beautiful smile. It is also more comfortable than traditional braces and can work more quickly. Call today!

*First time patients only. Coupon must be present at time of appointment.
Limited time offer*

\$95 Exam, X-Ray & Cleaning Special

(A \$200 value!)

The power of preventative dental care cannot be stressed enough. Routine examinations and cleanings are critical to the health of your teeth and gums. Call today for your appointment.

*First time patients only. Coupon must be present at time of appointment.
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