

Who says kids have all the fun?

More Adults are wearing braces than ever before.

Are crooked or crowded teeth something you wish had been corrected when you were younger? Wish no longer. These days, orthodontics isn't just for kids. More and more adults are recognizing that braces can mean healthier mouths, greater self-esteem, and long-term gain. In fact, today adults make up 25% of orthodontic patients!

Crooked, crowded or misaligned teeth can make chewing difficult and even painful if your jaw joint is stressed incorrectly. An awkward smile may chip away at your confidence. Straight teeth and aligned jaws are easier to brush and floss, lowering the incidence of cavities, gum disease, and tooth loss.

Orthodontics work by placing gentle pressure on the teeth to move them into proper alignment. The type and length of treatment varies according to your condition. Tooth uprighting is for tilted teeth. Mild crowding of the teeth can sometimes be treated with selective filing and wearing a removable appliance. Excessive crowding may require some teeth to be removed so that the other teeth can be guided into their proper position.

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Braces have come along way from the clunky train tracks you may remember. They are more comfortable and less visible – even invisible for some treatments. Brackets that are bonded to your teeth can now be made of clear plastic or porcelain. Some treatments can even allow braces to be attached to the back of your teeth.

Your treatment plan may last between six months to three years, depending on the level of adjustment your teeth need. Because your mouth is one of the first thing people notice about you, a strong, beautiful smile can take years off your appearance and dramatically increase your self-esteem. Orthodontic treatment is a short-term investment that allows you to feel better about yourself and keep your teeth strong and healthy.

TMJ-Treating Temporomandibular Joint Problems

Do you suffer from tenderness in the jaw muscles, limited jaw opening, jaws that get stuck, unexplained facial or head pain, joint grating or clicking? Chances are you may be one of the 60 million North Americans who have a condition called temporomandibular joint disorder. In spite of the fancy name, TMJ disorder is nothing to panic about. In most cases it can be diagnosed and treated in the dental office.

There's no simple prescription for TMJ problems. Restoring your jaw's harmony may require several kinds of treatment to reduce muscle tension, regain a stable bite, or rest and heal your jaw joint.

TMJ difficulties develop for many reasons. You might clench or grind your teeth even without knowing it. This tightens your jaw muscles and stresses your TMJ. Maybe a

bad bite caused by incorrect jaw growth had misaligned your jaw joint. A blow or injury to the face or jaws can easily displace or dislocate your jaw joint. Other causes of TMJ disorder include worn, loose, or missing teeth, gum problems, poorly fitting dentures or oral habits like pipe clenching, pen and pencil biting.

The best way to diagnose a TMJ problem is to have us do a thorough oral examination, medical history and radiographs in the dental office. Sometimes we make models of your teeth to get record of your chewing pattern. If you do have a form of TMJ trouble, treatment will vary according to your needs. Usually the first step is to eliminate the pain and correct the way the teeth fit together. We may smooth down your teeth or use a corrective splint. Drugs, counseling, and relaxation therapy help some patients with TMJ disorders. Surgery is the final method of treatment used conservatively in selected cases where there is no other way to correct a serious joint problem.

If you think you may have signs of TMJ trouble...relax- thousands of patients with TMJ disorders have been diagnosed and treated successfully with excellent results. The first step is to bring signs and symptoms to our attention during your next visit.

First step in dental care

Ensure your child's teeth last a lifetime

Baby's first tooth is a celebrated occasion for new parents. It's also the perfect time to start planning your child's dental care to ensure they'll have healthy teeth for a lifetime.

Baby teeth are like place holders for the adult teeth to come, so proper care is important. Children are susceptible to cavities as soon as their teeth appear, and babies put to bed with anything other than water in their bottle can develop tooth decay. Carefully wipe your infant's new teeth and gums with a piece of damp gauze or a washcloth, and then move to a soft-bristled children's toothbrush as more new teeth appear.

Teaching your child to care for their own teeth is an important part of cavity prevention, and your own good example is one of the best methods for doing that. Use a pea-sized amount of fluoride toothpaste on a soft brush, making sure they don't swallow the paste. Encourage them to brush their own teeth, but be sure to follow-up with a parent check after they're done.

Don't underestimate the importance of their first dental visit. We recommend that children see us between two and three years of age. We'll make sure your child feels comfortable here, but there are steps you can take to put your child at ease. Try playing dentist with them ahead of time. Look at your child's teeth, and have them examine yours. There's no reason for young children to fear their first appointment, so treat it as a normal part of their day. Avoid bribing them with treats to get them here- that will just make them suspicious.

Let us know if your water isn't fluoride-treated and we'll adjust your child's treatment accordingly. Fluoride assists saliva's natural ability to replace calcium in teeth, making them stronger and more resistant to infection.

The use of dental sealants is another way to protect new teeth and prevent cavities. Once your child's permanent teeth appear, a plastic coating is placed in the

grooves of the back teeth. This thin film keeps food and bacteria out of the grooves. Molars and pre-molars not protected by sealants are ten times more likely to develop decay.

As your child develops into a teenager, you'll probably notice changes in their attitude towards their teeth. They may become lax in taking care of their teeth and gums, or they may change their diet. If your teenager is concerned about poorly positioned teeth or other physical characteristics of their teeth, talk to us. We can advise you on procedures that are available to ensure your teenager feels self-confident about their appearance.

The road to a healthy mouth is a lifelong journey that starts with their first tooth.

Office Information

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Office Hours

Monday 9:00 a.m. - 1:00 p.m.

Tuesday 10:00 a.m. - 7:00 p.m.

Wednesday 9:00 a.m. - 6:00 p.m.

Thursday 11:00 p.m. - 8:00 p.m.

Friday 9:00 p.m. - 6:00 p.m.

Saturday Available upon request

Communication is important to us- Don't be afraid to ask us questions!