

# DENTIST DECISION GUIDE

## ***6 Things Your Dentist Should Do to Ensure Your Health and Safety.***

Dentist appointments can be very scary. The noise of the drill, the scraping of teeth, the needles; these are enough to keep anyone away. Yet, having these regular visits to the dentist will help you maintain healthy gums and teeth.

Surprisingly, many people avoid regular dental checkups because of the bad experiences they've had before. Finding a trustworthy professional dental practice is a crucial prerequisite step to ensure that you never have to worry about an awful dental experience. It will also help you avoid mistakes, which might lead to disastrous consequences to your dental health.

When looking for a dentist, you'll want to go for one which upholds the highest health and safety practices. This comprehensive guide will equip you with must-have things that a good dentist should have. These behind the scenes secrets will help you identify the most diligent dental providers that will keep your family safe and healthy.

Let's dive in and look at the ***six essential safety measures*** that every dental office should have. In the end, you will be better equipped to evaluate all ***51 Natomas dentists*** and pick one that will fit your budget, see you on-time, and make your kids leave with a smile.

### **1. Choose a Dental Practice with a Medical-Grade Water System**

Most dental equipment requires a direct connection to water supply systems. This equipment should be connected to an uncontaminated water supply during dental procedures. Surprisingly, a number of dentists don't observe proper filtration methods when treating patients and may end up using unfiltered and untreated tap water. This can put your health, and that of your loved ones at great risk as the equipment is likely to be contaminated with certain water microbes.

Confirming that your dentist has invested in a medical-grade water system ensures that you and your family are protected from nosocomial (hospital-related) infection and outbreaks. The medical system should have a high-quality filtration system that filters and purifies water used in the dentist's office.

A professional practice should be able to explain the measures they've put in place to ensure that they have sufficient clean, highly filtered, and expertly purified water. They should also inform you about the waterline treatment protocols that they have put in place to avoid the accumulation of bacteria colonies on the interior surfaces of water line tubing.

This microbial accumulation in tubes is known as the biofilm. It is a brown or greenish slimy sludge of bacteria that sticks to moist surfaces such as the internal parts of dental unit waterlines.

Avoid visiting a dentist if they don't have measures in place to ensure an office-wide supply of clean filtered water. You would be exposing your loved ones to grave health risks as the dental equipment may be ridden with waterborne microorganisms.

## **2. Ensure the Dental Office Has Fully a Functional One-flow Sterilization Process**

One-flow sterilization is an essential step to prevent cross-contamination when reprocessing reusable dental instruments that are potentially contaminated with blood, saliva, or other biological fluids. According to the CDC, surgical instruments can be classified as either critical, semi-critical, or non-critical instruments depending on their risks of transmitting diseases. Each of these instruments requires different sterilization measures to kill, deactivate, or eliminate all forms of microbial life.

Proper sterilization ensures that your safety and that of your kids remains a top priority. However, many dentists still sterilize their instruments in an ultrasound machine. The problem with this is that the machine's water, if not properly cleaned after each use, can easily get contaminated, creating a "DNA Soup."

It is, therefore, imperative that when looking for a good dental office, top-notch sterilization protocols should be top of your must-have list. A professional dental office should have safe practices and the latest technologies that deliver both safety and efficiency.

They should be able to explain their cleaning and disinfection protocols as this is a crucial indicator of their commitment to reducing the prevalence of cross-contamination in the office. Ensure that you go for a dental office with clear sterilization policies, procedures, and practices, and one with the right equipment and technologies to prevent cross-contamination.

## **3. Ask Your Dental Professional If They Have Backflow Prevention Measures for their "Mouth Vacuum"**

Many dental offices use a saliva ejector to suck saliva from the mouth during a dental procedure. However, according to the [CDC](#), the vacuum line of the saliva injector is likely to have a contaminated backflow. As a result, the liquid content from the injector may flow back, introducing bacteria-ridden blood and saliva drawn from the previous patient into your mouth.

A backflow prevention mechanism ideally allows for only one-way flow or suction, thus preventing bacteria and other infectious agents from flowing from the saliva injector into your mouth. This lessens the risk of patient-to-patient contamination tremendously.

This is a must-have mechanism in any professional dental office that is committed to sound infection control practices. Whether you're looking for a dentist to do minor dental procedures or major ones, you should first ask if they use backflow prevention devices to keep your family safe. Ask to see the inside of the dental suction valve. Only go for a dental office that has perfectly clean saliva injector to see proof that they are committed to keeping you and your family safe from germs and diseases.

#### **4. Choose a Dental Office That Has Cone Beam 3D X-Rays & Digital X-Rays**

Technology plays a huge part in the success of any dental procedure. Digital panoramic and cone beam 3D imaging technologies make it possible for the dentists or dental technicians to take high-quality 3D dental diagnostic images without exposing you or the young ones to high X-ray radiations.

A safety conscious dental office should have high-tech dental cone beam equipment to help them produce 3-dimensional images of your teeth and jawbone in a single scan with minimal radiation exposure. These images ensure the dentists accuracy and safety during any invasive dental procedure, hence eliminating costly errors during the procedure.

When looking for a dental office, be sure to ask about their computed tomography and X-ray technology. Choose a practice that uses cone beam 3D x-rays and digital x-rays since these are advanced equipment with less radiation exposure and higher accuracy.

The 3-D images produced by the cone beam will be of great help if you're looking for a dental office to perform procedures such as impacted teeth, dental implants, jaw evaluation, and reconstructive tooth orientation. Regardless of your needs, 3D imaging will make it possible to plan and customize your dental care.

#### **5. The Dentist Should Be Well Versed with Surgical Guides**

When properly used, surgical guides can tremendously increase the predictability of dental surgical treatment outcomes. Surgical guides offer an easy to follow guided surgery option allowing the dentist to develop a restorative surgical plan that is truly patient-centered. With surgical guides, clinicians can perform even the most complex dental surgical procedures with rapid turnarounds.

When looking for a dental office to do implant placement, you'll want to choose a practice that has made a significant investment in surgical guide printing technology. This shows their commitment to safety and accuracy. It also ensures that you don't have to wait for weeks before getting your implants.

A dentist office that uses surgical guides is ultimately able to do implants with minimal inaccuracies. The reassurance and confidence that your treatment will be hassle-free and will be done right the first time are invaluable.

## **6. Don't Underestimate the Use of Loupes**

Although there is an immense growth seen in the usage of loupes in dental offices, many practices have yet to adopt these magnification aids fully. If you're looking for reliable, safe dentistry, it is vital to understand the need for the dentist to use high-quality loupes during all dental checkups.

Loupes allow the dentist to have detailed and unobstructed views when attending to your dental needs. They also ensure that the dentist is comfortable and can use both hands during dental procedures. This way, they can perform at the highest quality and with better precision.

Be sure to choose a dentist that insists on all their dental technicians using high-quality loupes since with their superior magnification and better visual acuity; you can get stellar services with a lower risk of problems.

### **Here Is How Santa Cruz Dental Care (SCDC) Not Only Meets but Exceeds the Industry Standards**

Santa Cruz Dental Care (SCDC) is a professional dental office that specializes in all dental treatment solutions for all family members. SCDC prides itself as a premier dental office with the skills and technology to handle any dental procedure, including:

- Teeth cleaning
- Oral cancer screening
- Fluoride treatment
- Tooth-colored fillings
- Teeth protection sealants
- Extractions
- Root canal therapy
- Dental cosmetic care, among others.

As an industry leader in dental health care, Santa Cruz Dental Care understands just how important it is to maintain the utmost patients' safety. This dental practice continues to set the pace of how technology, combined with a highly skilled staff, can improve the patient's safety while maintaining precision, compassion, and excellence. Here is how SCDC is solving some of the common problems that people experience with many dentists:

### **1. Choose A Dental Practice with A Medical-Grade Water System**

Santa Cruz Dental Care has invested heavily in industry-grade water purification and filtration system to ensure the patient's optimum safety. They have a STERISIL advanced water filtration system that supplies the whole office with clean, safe water.

Unlike other practices, SCDC uses silver particles that keep bacteria from forming inside the water lines significantly minimizing Biofilm accumulation. They also flush their water lines every day and change the water filters every week. This has helped the dentist office to maintain a zero record of nosocomial (hospital-related) infection and outbreaks.

### **2. Ensure the Dental Office Has One-flow sterilization process**

Sterilization is a massive bottleneck in most dental offices, often leading to cross-contamination infections. Haphazard sterilization procedures can also lead to wasted time and delays between patient visits.

Santa Cruz Dental Care uses one flow sterilization process that utilizes fresh, sterilized, super-hot water along with sterilization "soap," for each instrument cleaning. They've invested in an HYDRIM instrument washer that gets rid of bacteria better than other systems. This has helped the practice develop a highly efficient and safe sterilization system.

SCDC also has streamlined sterilization protocols that have enabled it to significantly cut down on patient's wait time. When visiting SCDC, you can rest easy knowing that every tool used has gone through a rigorous sterilization process.

### **3. Ask Your Dental Professional If They Use A Backflow Prevention for Mouth Vacuum**

SCDC is led by Dr. Daniel Azurduy, a former Sacramento Dental District Society (SDDS) Board Member who was serving on the committee of forensics and ethics. They understand the need for putting measures in place to avoid patient-to-patient infections. As such, they have invested in efficient backflow prevention mechanisms for mouth vacuum injectors. This ensures that they maintain optimum safety for you and your loved ones.

### **4. Choose a Dental Office That Has Cone Beam 3D X-Rays & Digital X-Rays**

The latest Cone Beam 3D X-Rays & Digital X-Rays can reduce radiation exposure by up to 90% while still increasing the accuracy and versatility of images produced. Unlike most dentist offices, Santa Cruz Dental Care has invested in CTCB 3-Dimensional X-Rays that can create 3-D images with higher accuracy and better diagnosis capabilities. SCDC can, therefore, effectively plan and customize your dental care.

## **5. The Dental Care Should Be Well Versed with Surgical Guides**

Santa Cruz Dental Care has invested in a high-tech Digital Impressions Scanner that helps them produce surgical guides on the fly. This has allowed them to speed up their treatment times dramatically. By using the surgical guides, the professionals at SCDC can customize patient's treatment plans, ensuring that all implants are placed with a 100% success rate.

## **6. Don't Underestimate the Use of Loupes**

Santa Cruz Dental Care invests in high-quality loupes for all their dentists and dental technicians. They are, therefore, able to make complete and more accurate diagnoses, resulting in more precise dental work. As a parent, getting this level of confidence and assurance that the job will be done right the first time is simply priceless.

Even with the right technology, some dental offices still make rookie mistakes that can lead to serious dental complications and litigation issues. However, with the right skills and professionalism, the success of most dental procedures can almost be guaranteed. Dentists at Santa Cruz Dental Care understand that technology alone cannot just cut it when it comes to family dental care. They, therefore, bring a unique human touch to their practice that is unprecedented in the industry.

Santa Cruz Dental Care has a 10-minute policy that ensures that you're not kept waiting for long. Once you walk into the clinic, you'll be attended to almost instantly. During your first visit, the doctors at SCDC will take extra time to consult with you. All your fears and challenges will be adequately addressed in the patient consultation room. This makes it super-easy for you or your kids to make a lasting relationship with the dentist.

The one-on-one consultation is very important since the doctor can capture your medical history accurately. Your needs and concerns are properly addressed before any procedures are performed. This reduces the margins for misdiagnosis. If you have young kids, this one-on-one process ensures that the young ones are always at ease and can look forward to future visits.

### **The Bottom Line?**

Finding a good dentist that will fit your budget and meet the safety needs for you and your loved ones is important. However, without the right information, you can easily get swayed and end up visiting an ill-equipped, inexperienced dentist. If you lookout for the above must-have things when choosing your dental office, you can be sure of a pleasant experience every time you visit your dentist.

Santa Cruz Dental Care has highly trained dentists that combine some of the best skills and technology to offer patients a truly personal experience that is safe, secure, and comfortable. Call (916) 800-3444 today to learn more about their extensive family safety measures or to schedule an appointment.