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## Say Goodbye to Drills, Chills and Fills Laser Dentistry Virtually Eliminates Dental Distress

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**Cresskill, NJ, April 11, 2003** — An estimated 9-15% of all Americans avoid vital dental care due to the anxiety and fear they associate with the dental experience. This translates to some 30-40 million individuals so reluctant to seek dental treatment, that they avoid it altogether. Novocain shots, the shrill sound and discomfort of the drill and post-procedure pain are all rather unpleasant factors virtually everyone associates with dental and periodontal work. Some even suffer from a serious and paralyzing condition termed dental phobia. Many patients have never considered the possibility of a better treatment; one that eliminates everything the notion of going to the dentist conjures. In fact, there is a radically better way – **laser dentistry**.

“The experience of dentistry as most of us know it is changed entirely by laser technology,” says **Dr. Ken Fieldston, DMD a New Jersey dentist and pioneer of laser dentistry**. “The various procedures and surgeries that surround general dentistry and periodontal work are revolutionized by the implementation of the laser, as it eliminates the traditional elements that directly cause discomfort.” Dr. Fieldston is currently using laser technology in his practice to perform procedures such as gum surgery, root canals and cavity filling.

### **A Scalpel-Free Practice**

Laser dentistry has existed for approximately ten years and its use has been growing substantially as the FDA continues to approve the use of the laser for more and more dental procedures. In Dr. Fieldston’s practice the laser has essentially replaced the scalpel. Those who suffer from gingivitis and gum disease have traditionally suffered from considerable adverse side effects with scalpel surgery including sutures, packing, post-operative pain, bleeding and long excessive healing time. “We can now quickly vaporize the infected gum tissue and because the laser closes off blood vessels and nerve endings there is no bleeding or post-operative pain, only slight discomfort that can be resolved with an aspirin.” Dr. Fieldston also uses the laser to remove any growth inside the mouth and perform biopsies. The procedure is so non-invasive the growth is removed quickly and painlessly, with no recovery.

### **Filling Cavities**

The conventional procedure for filling cavities is generally the most unpleasant dental experience for most patients, particularly due to the need for the use of a drill and Novocain injections. By using the laser, Dr. Fieldston eliminates the need for not only the drill, but also excessive amounts of Novocain. It is particularly helpful for adults or children who have not had cavities previously, as the laser can remove the superficial lesion without drilling into the tooth to accommodate the filling. Once the afflicted area of the tooth is removed via laser, a small bonded filling is inserted – painlessly. Novocain is only needed at the outset and is not necessary beyond the initial visit.

## **Gums and Aging**

As aging takes place, the gums have a tendency to recede and the root of the tooth then becomes exposed, giving the teeth an almost “vampire-like” appearance. As a result, the teeth become easily susceptible to decay and cavities. This condition is referred to as senile caries. Traditionally, it has been necessary to first perform gum surgery and undergo a lengthy recovery process before the tooth decay can be addressed. By using the laser, the gums and teeth can be operated on simultaneously with zero recovery time. The bad gum tissue and tooth decay can be removed at once with no bleeding or pain. In addition, aesthetic fillings can be placed around the gum line to conceal the appearance of the “vampire-like” tooth.

## **Benefits for Patients**

“Patients who have experienced trauma in the past with a slow drill, Novocain and scalpel gum surgery are typically discouraged to seek dental care. Those who have experienced conventional periodontal surgery and those who have a phobia of the drill are now able to enjoy an experience that allows them to walk in and out of the office in a short period of time, receive a moderate amount of Novocain and no recovery time,” states Dr. Fieldston. The laser is especially beneficial for pregnant women and those who take medication that subjects them to gum disease. Pregnant women are highly susceptible to gingivitis. It is difficult for them to combat this regardless of the level of oral hygiene they practice. It is vital for pregnant women to be certain the bacterium from their gums does not enter their blood stream as it has been reported to potentially cause pre-mature births. The laser can rapidly remove the excess gum from over the teeth causing the gingivitis, without the pitfalls of traditionally cumbersome periodontal surgery.

## **About Dr. Ken Fieldston**

Dr. Ken Fieldston’s practice embodies the future of modern dental medicine. After many years of practicing traditional restorative dentistry, Dr. Fieldston quickly recognized that dentistry could be approached in dramatically different manner. He then began to construct a dental practice dedicated to the conservation and preservation of natural tooth structure and periodontal health through the use of the most progressive and modern procedures and equipment. A graduate of the University of Pennsylvania School of Dental Medicine, Dr. Fieldston has been practicing dentistry since 1974. For more information about Dr. Fieldston and his practice, visit [celebritysmile.com](http://celebritysmile.com)

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