

# *the* FLOSSERY

Re-defining dental care for the whole family

## WELCOME GUIDE

### *Inside:*

*Integrative dentistry with your whole health in mind*

*Health focused orthodontics*

*Cure mouth breathing and nasal congestion*

*Snoring solutions*

*Safe Amalgam Removal*

*Metal free Implants*

*Special programs for pregnancy, cavity prevention, implants and more!*

# WELCOME TO THE FLOSSERY

*We invite you to a different dental experience...*

We pride ourselves in being **patient-focused** and treating **YOU**, focusing on root cause of your problems and not just filling teeth.

We look forward to welcoming you as part of our smiling family!

Let us help you keep a beautiful, healthy smile, for life.

## OUR VISION

We believe that you deserve a **different** dental care experience focused on the **true cause**.

We treat **people, not teeth**, by focusing on total body health. Turns out your mouth can say a lot about the rest of your body.

Our holistic dental team treats you as a **whole person** and use a minimally invasive, prevention focused and gentle approach to help you achieve and maintain your healthiest, most beautiful smile.

We are a caring and responsible dental team and we are proud to offer the best of dental care in a calm, friendly environment.



# WHAT'S IMPORTANT TO YOU IS WHAT MAKES US DIFFERENT

- Transparent pricing with flexible payment options
- Experienced and down to earth doctors you can trust
- Easy and friendly communication: Call, Text, or Email us anytime
- Highly personalized care
- Focus on prevention and whole-body health... we reward you for being healthy!
- No judgments, ever
- Calm environment and a gentle touch
- Infection control protocols to keep you safe



# OUR DENTAL SERVICES

- Dental Cleanings
- Fillings
- Crowns and veneers
- Braces and Clear Aligners
- Root Canals
- Extractions
- Dentures
- Implants
- Deep Cleanings
- Night guards
- Oral appliances for sleep apnea



**Don't See What  
You're Looking for?  
Ask Us!**

We are dedicated to helping you achieve  
your optimal health for life with  
**prevention and fixing the true cause!**

- Aligners to cure root cause of gum health recession, and teeth grinding
  - Bio-compatible materials and testing
  - BPA-free and metal free fillings
  - Ceramic implants for metal sensitivities
  - Saliva testing to assessing gum disease and cavity risk
  - Lab testing and supplements for optimal oral and body health and healing
  - Optimizing sleep, pregnancy, amalgam detox, and surgery success
  - Comprehensive gum disease solutions to reduce body inflammation
  - Re-mineralizing small cavities with drill free dentistry such as silver and resin infiltration
  - Checking root canal teeth for infection with CBCT technology
  - Sensitivity-free whitening
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# OUR SPECIAL SERVICES

- **Ozone** therapy is a great disinfecting solution during dental treatments such as after dental cleanings, deep cleanings, root canals, extractions and other treatments for infections.
- **Perio Protect** trays are used to treat gum disease and keep gums healthy after a deep cleaning. Hydrogen peroxide technology attacks disease causing bacteria to maintain healthy gums for life.
- **SMART Amalgam removal**, We remove old amalgam fillings in a safe manner
- **Laser therapy** to remove harmful bacteria during deep cleanings and root canals.
- **Oral Cancer screening** with Velscope luminescence technology  
3D scan with CBCT to examine any underlying jaw infections and airway health
- **Bio-compatibility testing** before a procedure to rule out any allergies to dental materials
- **Oral microbiome test** is a useful marker for personalized care. We will assess oral microbiome to offer targeted treatments.

# PREVENTIVE DENTISTRY

The goal of minimally invasive dentistry is to conserve healthy tooth structure while being proactive to reduce the need for future dental treatments.

We focus on prevention, re-mineralization, and minimal dentist intervention. We use the latest techniques to help the body heal and restore itself to a normal condition. We use the best materials so the need for future repairs is reduced.



## We offer:

- Advanced home care techniques and products
- Nutritional counseling
- Silver Diamine Fluoride to stop cavities from growing
- Preventive sealants
- Special techniques to preserve healthy tooth structure
- ICON treatment for small cavities without drilling
- Health focused orthodontics
- Microbiome tests to determine root cause of disease



# LIFE SAVING DENTISTRY

Snoring is not cute and treating it could save your life!

Start breathing better and having the best sleep of your life.

If you have been diagnosed with sleep apnea and cannot use your CPAP, we can help! Our team is highly trained in oral appliances as an alternative to the CPAP machine. We will work with your doctors and your medical insurance to help you start sleeping better at night. We are in network with medical insurance to better serve you.

Managing your sleep apnea can help you live a more vital life with energy, reduced medications, and more time for loved ones. We are committed to providing you with the best options to support your body for your healing and oral health.



*"The sleep appliance has been great so far. My husband is amazed. He said its magic! Adjusting to it was much easier than the CPAP."*

*"I have always needed sleeping pills to go to bed. Using the appliance is the first time I've had restful sleep without pills."*



# SNORING? TIRED? HATE YOUR CPAP?

**We can help! Our offerings for your sleep support journey include:**

- 3D CBCT scan to evaluate airway
- Oral appliances as an alternative to CPAP machine for sleep apnea to stop snoring
- Clear aligners to straighten teeth and improve breathing
- Nasal breathing support
- At home sleep testing
- Myofunctional therapy assessment
- Supplement recommendations
- Sleep hygiene coaching with Dr. Chebbi
- Testing for Vitamin D, Iron, other sleep related vitamin levels
- TMJ and jaw pain relief

**Only at The Flossery: Ask us about our sleep coaching!**

Includes: best techniques and environment for sleep, best sleep position, diet and supplements for best sleep.

# LIFE CHANGING DENTISTRY

## A Right, Not a Privilege

We believe everyone has a right to a beautiful, confident, and healthy smile. Let us treat you to the smile you have always wanted!

We are excited to offer conservative options for smile design that will keep your teeth strong and healthy while improving aesthetics. Straighten and whiten your teeth with our cosmetic options that are easy, fast, affordable.

We also offer denture alternatives that make it easier to talk, eat, and smile with confidence.

### **We offer:**

- Clear Aligners
- White spot removal
- Whiter teeth
- Straighter teeth
- Veneers
- Smile makeover
- Implants



# EXTRACTIONS AND IMPLANTS

At The Flossery, we take a full body approach. We are committed to providing you with the best options to support your body for healing and oral health.

## **Our extraction protocol to improve your care includes:**

- Pre-surgery preparation consult to go over the best ways to heal and improve outcomes though diet and lifestyle changes.
- Ozone gas to disinfect the tooth socket
- Oral vitamin supplement recommendations to support bone healing and recovery
- Bone grafting to support bone growth after extraction and prepare the area for a future implant.
- Platelet rich fibrin to use the body's stem cells to heal quickly and painlessly
- Store your tooth's stem cells to potential help with any future diseases [www.thetoothbank.com](http://www.thetoothbank.com) (approximately \$115 a year)

## **Planning for an implant? We provide:**

- Ceramic zirconia (metal free) implants as an alternative for patients with titanium and metal sensitivities.
- Vitamin D testing and supplements (low vitamin D is a big cause of failing implants and tooth loss!)

# CLEAR ALIGNERS

Straighten your teeth easily with our clear aligners.

- Whitening included during treatment
- Shorter wear time
- Option of night only treatment
- Virtual follow ups
- Free retainer after treatment
- Scan technology- no gooey impressions
- Flexible payment plans for any budget
- Myofunctional therapy to prevent tooth movement after aligners
- Early intervention to prevent future problems as early as 2 years old!

"Finished all my ortho and love how my teeth look! Dr. is wonderful and was always very responsive with any questions I had. I've always had a great experience at this office. Everyone is super kind. Definitely the best dentist in the area!"



# FUNCTIONAL ORTHODONTICS

Is more than just straight teeth!

Clear aligner therapy can:

- Improve smile aesthetics
- Relieve jaw Pain
- Prevent cracking and chipping teeth
- Stop gum recession
- Help you breathe better
- Help you stop snoring
- Manage gum disease by making teeth easier to clean

With functional orthodontics, we blend aesthetics and function to create a healthy smile based on the principals of the root cause of WHY the teeth moved and finding the most stable position to prevent further movement.

Did you know? Our early ancestors had perfectly straight teeth! we use those principles for form and function to create a beautiful, healthy smile, putting your teeth where nature intended them to be.



Art courtesy of our patient Nora A.



# MYOFUNCTIONAL THERAPY

Myofunctional therapy might be right for you if:

- Your teeth shifted after braces
- You have a strong gag reflex
- You breathe through your mouth
- You snore
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Did you know there is a proper place for your tongue to sit? Myofunctional therapy is a set of exercises like strength training for your lips and tongue. Many patients have oral dysfunction that could cause poor swallowing, mouth breathing, and poor sleep.

## **Myofunctional therapy can help with:**

TMJ pain and headaches

- Neck pain and shoulder tension
- Fatigue
- Bad breath
- Cavities
- Mouth breathing
- Stuffy nose
- Preventing tooth movement after orthodontics and braces
- Snoring (myofunctional therapy can reduce snoring by over 50%!)



**Is myofunctional therapy right for you?**

**We will do a comprehensive consultation and review our findings to see if you would be a good fit for this therapy!**



# CHILDREN

We take every child's medical history into account during our evaluation and provide comprehensive exams for every child, with a detailed overview on how to keep his or her smile healthy for life!



With our minimally invasive techniques, we can limit or avoid having to do traditional fillings on children and focus on natural healing.

Prevention is best early! Let us help your child keep a healthy smile and a healthy body for life!

## Areas we Focus on

- Airway and breathing
- Cavity Prevention
- Snoring and Teeth Grinding
- No Drill Dentistry
- Early orthodontics
- Myobrace and myofunctional therapy
- Solutions as early as 1 year old
- Baby oral evaluations and tools for oral health success. (ask us about our mommy and baby program!)



"If the twig is bent, so grows the tree."

It is never too early to set up your child for oral health success with the proper foundation!

# SPECIAL PROGRAMS ONLY

## Mommy and Baby Program

Are you pregnant or trying to conceive?

Your child's oral health begins in the womb and even pre-conception. In fact, baby teeth start forming 6 weeks in utero! We are passionate about helping you and your child flourish. To increase chances of optimal oral health and systemic health, join our virtual mommy and baby program! Our program can help with decreasing the chance for cavities, braces, eyeglasses, and even ADHD.

During your session, we will discuss:

- How to support your baby's oral health in utero
- What oral health changes to expect while pregnant and how to manage them
- Microbiome and detoxification support
- How to care for your child's oral health from the very beginning
- Best tips to avoid cavities and the need for braces!
- Optimal nutrition for tooth and jaw development



# FOUND AT THE FLOSSERY

## **The Flossery Re-mineralization Program**

Have you been diagnosed with “incipient” or small cavities that are on the borderline of needing treatment?

Do you want to try healing them naturally before proceeding with dental intervention?

At the Flossery, we are passionate about prevention and empowering you with the tools you need for taking control of your oral health.

Our re-mineralization program is a great way to strengthen teeth and heal small cavities before they become larger and need treatment. Our consultation will go over your risk factors and lifestyle to create a custom home care plan just for you!



# SAFE AMALGAM REMOVAL

We are committed to provide you the best options to support your body for your healing and oral health success.

## **Services to improve amalgam removal outcomes:**

- SMART certified using the protocol as recommended by the International Academy of Oral Medicine and Toxicology (IAOMT)
- Detox coaching and support services before the amalgam removal
- Replacement with BPA-free and bio-compatible resin filling material

*"All members of the staff that I interacted with were awesome. The space is new and clean, the vibe is calm, and the available products and recommendations were right in line with my needs and desire to avoid the toxic elements of dental procedures and products. I am very happy that I switched to this practice and I look forward to many more years of a holistic approach to dentistry with this amazing team of professionals"*

# PERIODONTAL DISEASE PROTOCOL

Periodontal disease is linked to conditions such as early loss of teeth, bad breath, body inflammation, high blood pressure, heart disease, pre-term birth, insulin resistance, rheumatoid arthritis flare up and Alzheimer's disease (bacteria from gum disease has been found in the brains of Alzheimer's patients).

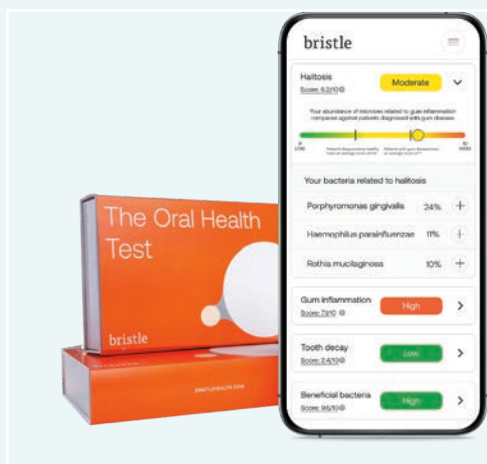
This is because gum inflammation causes leaky gums and these harmful bacteria can travel to other parts of the body.

**Bleeding gums is often a sign of larger problems happening in the body.**

We are committed to provide you the best options to support your body for your healing and oral health success so that your gum disease does not return.

## Services to improve gum health:

- Microbiome testing to determine **root cause** of gum disease
- Ozone disinfection
- Laser therapy disinfection
- Nutritional support consultation
- Perio protect trays with hydrogen peroxide for home care and gum disinfection





# MEMBERSHIP PACKAGES

## No Insurance? That's OK!

We are dedicated to helping you keep your smile healthy. We are committed to high quality dentistry with prices that will leave you smiling.

Our Membership Plan is an annual reduced fee savings plan for individuals and families. All members receive quality dental care at greatly reduced prices.

No deductibles. No waiting periods. No coverage denials.

No complicated estimates.

You control your health.

You control your treatment.

**You are in charge.**



While we do work with insurance, we believe you do not *need* insurance to keep your smile healthy.

### **Have dental insurance?**

Great! We gladly accept major dental insurance carriers in the area.



# THE FLOSSERY FUNCTIONAL PACKAGE

- Taking your oral health to the next level and delve deep to find the root cause of your illness
- Oral microbiome testing (includes inflammation markers and presence of disease-causing bacteria)
- At home sleep testing to assess sleep health (related to oral health!)
- CBCT scan to analyze airway and any bone infections
- Oral cancer screening with Velscope luminescence
- Vitamin D testing for tooth and sleep health
- In depth review of results and supplementation guidance with our doctors
- Signed copy of Dr. Yasmin Chebbi's book Eat, Sleep, Breathe Oral Health: why your mouth matters
- Welcome gift package of our favorite recommended oral care products
- Full lab testing of recommended vitamin, hormone, and toxicology levels\*

These services are also available individually, ask our team for more information!



## FINANCING

**Flexible payment options with Sunbit**

Apply here for immediate financing, with no hard credit check

# OUR REVIEWS

"Today was the one and only time I felt happy after leaving a dentist. My past experience was one that truly traumatized me and I was hesitant on returning to any dentist. Today changed that. The amazing hygienist had so much patience and compassion. She took the time to do her job well and was over the top kind and understanding of my fear. Dr. is the sweetest dentist and very thorough. She answered all my questions. From the moment she entered the room she made me feel comfortable and confident in her care. This was an amazing experience. Not once did I feel as though my questions were a nuisance or that I had no input into my care. The front desk was so warm and welcoming. The office is immaculate and welcoming. This really is a different experience and I am so glad I found The Flossery ! Don't hesitate to try them-you will not regret it !"

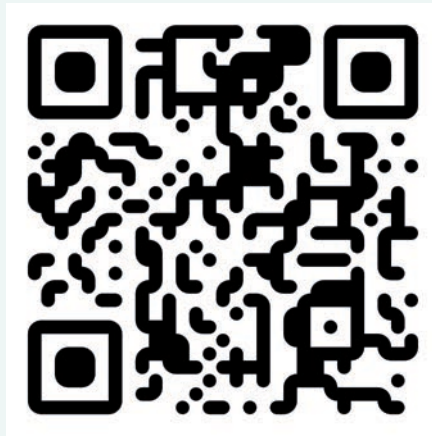
"I must say this is the most understanding, thoughtful, and helpful dentist office I have ever been to. From the moment you arrive you are greeted by a friendly, organized, and competent associate. Within moments you are greeted by a fabulous dental assistant who is the heartbeat of the office. Providing compassion, explanation and knowledge throughout your whole process. The dentist further puts you at ease with her understanding, explanation, and transparency. They do a great job of keeping things upbeat and putting you at ease. As someone who has a traumatic past regarding oral care they have been nothing but understanding and never once made me feel judged. They provide multiple options and information so you can make the right choice for your care."

## YOU'VE COME TO THE RIGHT PLACE

# A GIFT FOR YOU

As the latest member of our dental family, we would like to offer you a gift as the first step to better oral health!

Enjoy 40% BURST products including electric toothbrushes and water flossers!



Use code: Flossery at checkout

# HOME CARE PRODUCTS

Motivated to use the best oral care products on the market? Ask us about our favorite ways to keep a healthy mouth with our carefully vetted products such as Boka Toothpaste, Elementa Mouthwash, Xlear xylitol and Dr. Chebbi's book Eat, Sleep, Breathe Oral Health: why your mouth matters, all available for purchase in our office.

# WE LOOK FORWARD TO MEETING YOU SOON

If you have not already, please fill out our online registration forms prior to your appointment so that we can better serve you and to avoid delays during your appointment time.

