

# [Classified] Dental Center |

## Page 1: How to Pick Your Next Family Dentist

**Meta title:** Dentist | Parker, CO | Aspen Dental Center

**Meta description:** Do you know what to look for when searching for a quality family dentist? Check out our tips and guidelines to find the right family dentist for your needs. Contact us today for more information.

### **H1: How to Pick Your Next Family Dentist**

When you're looking for a family dental practice to meet your and your family's needs, you'll want more than someone who can adequately clean your teeth. An excellent dental care provider will ensure that your loved one's oral health is comprehensively cared for by providing expert dental care guidance, comprehensive preventative dental treatments, and affordable cosmetic and orthodontic dental solutions. Check out our top tips for what you should look for in a family dentistry clinic and get the compassionate dental care you want.

### **H2: Convenience is key**

Let's face it, finding the right dentist for your needs starts with how close their office is to your work or home. If you have to drive more than 30 minutes to your dentist's office, you'll likely put off scheduling regular appointments. Your dentist's office hours are another aspect to consider. Do they offer early morning appointments? Are they open after the workday ends? Do they offer weekend appointments? All of these factors should play into your decision. Finally, is the dentist in your network of insurance-covered providers? Most patients use insurance to help meet their payments for proper dental care, no matter how many great reviews a dentist has – if they're outside your network or covered providers, you're going to face a larger dental bill. Your best option is to ask trusted friends, neighbors, and relatives in your area who their dental care provider is and then check to see if that provider is covered under your insurance plan. You can typically find an exceptional dental care clinic in your area that is covered and offers convenient hours to boot.

### **H2: Comprehensive care you need to consider**

While almost every dental clinic can effectively clean your teeth and offer preventative dental care, many clinics specialize in specific dentistry treatments. If you have damaged or missing teeth, you may want to consider a dental practice that offers extensive cosmetic dentistry options. Cosmetic dentistry can include teeth veneers (cosmetic coverings), implants, crowns, bridges, and even dentures. Do you have growing kids that need their teeth straightened? A dental provider that offers orthodontics (braces) would be your best choice. Do you have a history of periodontal disease or oral cancer concerns? Some dental clinics offer expert dental diagnostics and periodontal care to ensure your teeth and gums are protected from diseases like gingivitis that can lead to tooth loss. Are you active in sports or have kids that love physical activity? A dental clinic that offers emergency dental care 24 hours a day is a solid choice – for when a tooth is injured or knocked out. No matter your needs, visit a dentist's website or call their office to ensure their specialty aligns with your healthcare goals.

### **H2: Searching for the best dentist in your area**

Though any online search engine can bring you back results for dental practices in your area, it's best to reference the American Dental Association (ADA) "[Find-A-Dentist](#)" tool. This will allow you to search a database of licensed and approved dental care providers by their name, location, and specialty services. Check for a local dental society in your area as well. These groups maintain high standards of practice and can easily recommend a dentist in your area that will provide exceptional dental care. As mentioned before, a trusted friend or relative in your area can usually recommend someone they trust for dental care. If you're concerned about affording dental care or don't have adequate dental coverage, many state and local dental associations can recommend affordable providers; just follow this [link](#).

## **H2: First impressions make a lasting relationship**

When you visit a dentist's clinic for the first time, take note of the state of their office. Is the clinic clean and orderly? Is the equipment they use modern? Do you feel comfortable there? How friendly is the staff? These are all indicators of how well the dentist and his team work together and how much pride they take in their work. Your choice dentist should be friendly and professional, willing to answer your questions, and address any concerns or anxiety you may feel. Likewise, your dentists' hygienists should be accommodating to your needs, friendly, and try to make you feel at ease as they clean your teeth. These first impressions make a big difference when you're looking for a quality dental care provider.

## **H2: Choosing the right dental care provider**

With the above guidelines in mind, you should be able to find a dentist that meets your needs, is affordable to your budget, and offer the kind of quality service you deserve. If you live in the Parker, CO, area, consider visiting the dentists at [Classified]; we offer comprehensive dental treatments, affordable pricing, convenient hours, and friendly service to make you feel at home. Contact us today for more information.

**CTA:** Find out more by contacting us today.

## **Page 2: 20 Signs to Tell If Your Dentist Office is Good**

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### **H1: 20 Signs to Tell If Your Dentist Office is Good**

When it comes to picking the right dentist to meet your and your family's needs, there are many things to consider. Selecting the right dental care provider can make all the difference between understanding your oral health needs, maintaining your teeth and gums, and avoiding regular dental visits, leading to tooth decay. Below are some great tips to consider as you search for a trusted dentist.

#### **H2: Does your dentist actively listen?**

Listening is a skill every good medical care professional should be proficient at. An exceptional dentist will want to listen to your needs, concerns, and questions and take the time needed to address them all. Good dentists will make thorough examinations of your oral health before recommending a treatment plan and provide you with several options for proper dental care.

#### **H2: A good dentist educates**

Most patients won't have the dental experience or expertise to care for their teeth and gums properly. A good dentist will instruct you on how best to treat your unique oral issues and make you aware of treatment options that may be available. A great dentist will also take the time to answer your questions and recommend over-the-counter products that can help you maintain your teeth and gums.

#### **H2: A great dentist respects their patient's time and resources**

If you find yourself waiting excessively long periods in the dentist's office after scheduling an appointment or paying overly high dental prices, these are telltale warnings your dentist doesn't respect your time or budget. Great dentists will ensure they are punctual and offer affordable cash payment options for most of their services. They'll also provide affordable options for dental treatments so you can make an informed decision.

#### **H2: A clean and comfortable setting**

First impressions make lasting relationships. If your dentist doesn't take pride in the appearance of their office or the friendliness of their staff, they probably won't put in the effort when it comes to your oral care. A good dentist maintains a clean, orderly office and hires friendly and approachable staff when you have questions, ensuring you feel at ease during your visit.

#### **H2: Avoids upselling**

While any worthy dentist will provide many cosmetic and dental care treatments, they won't try to upsell you on procedures or care that you don't need. Be wary if you find yourself constantly questioned about dental care treatments outside your budget or not covered by your insurance.

## **H2: Gets to understand your needs**

While every dentist should maintain a professional demeanor, a great dentist will get to know who you are and your dental history and provide you with a personalized experience. When a dental care professional takes the time to get to know you, you'll feel more connected to their clinic and more at ease during the dental treatments.

## **H2: Follows up with you**

A good dentist should seek to maintain a long-term relationship with you by having their office follow up with you after a visit or procedure and attempt to schedule your next regular appointment and advise you when you may need a dental x-ray, dental examination, or a dental procedure.

## **H2: Has a good rapport with the staff**

A good dentist will maintain a positive work environment for their team. Staff should enjoy their workday alongside the dentist, which will, in turn, improve their customer support and ensure your needs are met, and questions are answered promptly. Pay attention to how a dentist's support staff addresses or acts around the dentist.

## **H2: Post procedure follow-ups**

A great dentist will personally follow up with you after a major dental procedure to ensure you aren't feeling excessive pain or discomfort. Whether you've had teeth pulled, a dental implant installed, or another major dental procedure done, a quality dentist will take the time to make a quick care call to ensure you feel at ease and answer any new questions you may have.

## **H2: They'll ask for your records**

A competent dentist will want to see your previous dental records if you have them to ensure they understand your dental history. If you have access to them, these records can help them expedite treatments and better understand your oral health care needs.

## **H2: Modern equipment being used**

If your dentist isn't using modern dental diagnostic equipment or equipment over ten years old, you may want to seek a better provider. Dental technology is continually upgrading, so a good dentist will stay apprised and use the best equipment available.

## **H2: Your dentist maintains a sterile environment**

Any competent dentist should clean and sanitize the dental equipment between each patient use. Both dentists and their hygienists should always wear rubber gloves or latex gloves as they work on your teeth to ensure infections are avoided.

## **H2: An excellent reputation**

An excellent dental clinic will maintain a great reputation among its patients and online. Any complaints will be addressed professionally and courteously.

## **H2: Will suggest oral cancer screenings**

While oral cancer is rare, a good dentist will occasionally recommend an oral cancer screening during an annual treatment. As with other forms of cancer, it's best to be proactive when diagnosing this serious health concern.

## **H2: Can provide references**

A solid dentist should be willing to provide references or examples of their past work, primarily if they specialize in cosmetic dentistry treatments. Understanding the result of cosmetic dental treatments is imperative before moving forward with these procedures.

## **H2: Good ADA standing**

A competent dentist will be a member of the American Dental Association. This group requires its dentist members to put the health and well-being of their patients first. Members are expected to be honest in their dealings and allow patients to choose their oral care options.

## **H2: They offer comprehensive services**

While every dentist provides preventative dental care and teeth cleanings, most good dentists also offer specialty services that may include cosmetic dentistry care, orthodontics, dental implants, or other dental treatments that can meet your dental care needs.

## **H2: They offer emergency dental care**

Dental emergencies happen. If you were to break or lose a tooth, it's best to know your dentist provides after-hours emergency dental care.

## **H2: They offer affordable cash payment options**

While most dentists accept a wide variety of insurance provider plans, your chosen dentists should also offer affordable cash payment options when your coverage isn't adequate. Your budget shouldn't preclude you from getting proper dental care.

## **H2: They're conveniently located near you**

A significant factor to consider is how close or long a drive to your dentist's office may take. The right dentist for your needs should be an easy commute from home or your workplace, making regular appointments easy to keep.

**CTA:** Find out more by contacting us today.

### **Page 3: Can You Get a Second Opinion on Cavities?**

**Meta title:** Dentist | Parker, CO | Aspen Dental Center

**Meta description:** Should you get a second opinion when diagnosed with a cavity? Check out our tips and guidelines to learn how you can best address this oral health issue. Contact us today for more information.

#### **H1: Can You Get a Second Opinion on Cavities?**

When getting a major dental procedure, whether it includes a tooth pulling, root canal, or dental implants like a crown, bridge, or cap, you may wonder if a second opinion is warranted. For simple dental procedures like a cavity filling, you'll find that your insurance plan most likely covers the procedure. A second opinion may not be needed – since it tends to fall under preventative dental care. However, for other dental procedures, a second opinion is not only your right but an advisable course of action when deciding on your dental care. Check out these tips for when, where, and how a second opinion for dental treatment is needed.

#### **H2: What the ADA recommends**

The American Dental Association (or ADA) is an institution the most respected dentists belong to. It requires all of its doctors to ascribe to the Hippocratic Oath, ensuring your dental health and well-being are always put first. It also requires that its dentist members allow their patients to decide on their dental health treatments. This being the case, if your dentist has recommended a major dental procedure, it's best to get a second opinion. Any competent dentist will have no problem with this and may even be able to recommend a fellow dental professional in your area to help make an impartial evaluation.

#### **H2: Where to look for a second opinion**

There are a few different perspectives you may want to seek out when looking for a second opinion on an effective dental procedure you may be facing. If you have a good rapport with your current dentist, they most likely know of a qualified colleague who can provide an impartial second opinion. You can also contact any local dental associations or societies in your area, as many competent dental care professionals will be members or registered with them. Another avenue to check out is the ADA's "[Find-a-Dentist](#)" online tool, showing you qualified dentists in your area and their contact information. Nearby dentistry schools typically have a registry of alumni dentists you can view and contact. Finally, a trusted friend or family member will undoubtedly know of a dentist they prefer who can provide a reasonably-priced evaluation.

#### **H2: What to expect during a second opinion evaluation**

During a second opinion dental evaluation, the dentist may require a copy of your dental records to better understand your oral health history. They will then schedule a time to thoroughly examine your teeth and gums, perform x-rays, and other diagnostics to give a better picture of your current dental health. After completing these diagnostics, the dentist will meet with you to discuss the findings, and they should offer an unbiased opinion. While this process may require more than one visit to this care

provider, you'll find their expertise and insights invaluable when deciding about upcoming dental treatment.

## **H2: Understand your dental and health genetics**

Believe it or not, your family's dental health history may significantly impact whether you're a prime candidate for a dental procedure. For patients whose families have oral cancer, excessive gum bleeding, anemia, or other health issues, it may not be advisable to have a significant dental procedure done. Likewise, suppose you suffer from heart disease, a prolapsing mitrovalve, or another cardiac issue. In that case, you'll want to maintain a steady dose of antibiotics before having the procedure to avoid serious medical complications. Asking family members about any heart or congenital health problems is advisable, as well as scheduling an appointment with your primary care physician to discuss these concerns before moving forward with the procedure.

## **H2: Evaluate your oral pain and dental health**

One question to ask yourself is, do you feel your biting, speaking, and chewing functions are inhibited by the condition for which your dentist has offered a procedure. If you're feeling ongoing oral discomfort or pain or a limited ability to enjoy the foods you love or the lifestyle you want, then the prescribed dental procedure may be warranted. Most patients feel not only relieved when a dental procedure is over, but they find they have more energy and feel absolutely no discomfort. Most dental procedures available today use anesthesia during the treatment, so you won't feel any pain and may even be unconscious during the entire process. If you feel anxious about a dental procedure, be sure to communicate this with your dentist. Many dental care providers offer sedatives and sleep-dental treatments to ensure you feel absolutely no discomfort or anxiety.

## **H2: Move forward with confidence**

If you're like many dental patients in America, you may feel anxiety or uncertainty about having a dental procedure done, but with an expert second opinion and the knowledge the procedure can only improve your quality of life, you should feel more than confident in your dentist's recommendation. Check out the online resources mentioned above to get a second opinion and communicate with your dentist to ensure they understand your concerns. If you're looking for a second opinion in Colorado, feel free to contact us. We provide expert, impartial dental evaluations and affordable dental care.

**CTA:** Find out more by contacting us today.

## **Page 4: What to Do If You're Scared of the Dentist**

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### **H1: What to Do If You're Scared of the Dentist**

Dental anxiety of dentophobia is a common issue many dental patients experience. Studies show nearly 75% of adults in the United States experience some amount of fear when visiting a dentist. Dental anxiety has several names, including dentist phobia, odontophobia, or dentophobia, but the feeling is the same, an intense fear of getting dental care from a dentist. Whether this fear stems from a negative experience with a dentist as a child, hearing about bad dental experiences from friends, or seeing a gruesome dental care depiction on TV or in a movie, the truth is a majority of dental procedures are painless and trauma-free for the patients who experience them. Check out some of these tips and strategies for dealing with your dental care anxiety below.

### **H2: Remember dental care is vital to your health.**

While you may not believe it at first, the state of your teeth and gums can have a massive impact on your overall health and well-being. Ongoing dental pain and dental infections can progress to your bloodstream and cause severe health conditions, including heart disease. As bacteria spreads from infected gums and teeth, they can quickly spread to other systems in your body, including your heart. Patients with chronic gum disease problems, including gingivitis, are especially susceptible to a higher risk of heart disease, heart attacks, and strokes. Another reason to consider seeing a dentist is for them to screen for oral cancer. Dentists best make this diagnosis as they can see the telltale signs of it approaching and provide proactive treatments and solutions to help battle it. No matter the state of your teeth and gums, don't forsake your health and ability to live a long life; visiting a dentist at least once a year is always a smart decision.

### **H2: Dental care can effectively remove ongoing oral pain**

While you may be worried about receiving a cavity filling or root canal, the truth is these conditions typically cause much more pain than the treatments will. An infected or impacted tooth can cause severe discomfort for years and limit your ability to eat regularly, speak, and enjoy the activities you love. Most major dental procedures today are done with anesthesia, so you'll feel little to no discomfort during the treatment.

### **H2: Most dental treatments are painless**

While a tooth extraction or filling may have been painful decades ago, modern technology uses much less invasive tools and techniques. The anesthesia can effectively remove any pain or discomfort you may feel during the procedure. While you may feel a little anxious during the process, you won't feel any pain. Typically, you'll experience very little soreness after most dental procedures since your dentist can prescribe painkillers while you recover.

### **H2: Desensitizing your anxiety**



For some patients, it's best if they have several regular dental checkups with a dentist before undergoing a major dental procedure. During this time, you can get to know your dentist and express your concerns as you have teeth cleanings and regular examinations. You'll also get to know and trust their staff, and they can explain and answer questions about the equipment they use. By slowly desensitizing your fears about dental care, you'll find you're more than ready when a significant procedure is needed.

## **H2: Consider hypnosis and therapy**

Seeking therapy from a licensed counselor or psychologist can help you address anxiety in many areas of your life. It's normal to feel anxious about new experiences or medical procedures, but if you find your fear inhibits you from moving forward with proper dental care, talking with a therapist can help you unpack your worries and provide you with practical tools for dealing with the anxiety. Another course of action is seeking a licensed hypnotherapist who can help calm your subconscious and help you reprogram your thinking when you visit a dental clinic, making the experience much more pleasant.

## **H2: Incentivize your dental visit**

Do you remember the song, "a spoonful of sugar helps the medicine go down"? Well, it's true, even with adults. Sometimes the best way to motivate yourself to see a medical care professional, like a dentist, is "rewarding" yourself afterward. Take the rest of the day off work to relax, enjoy a meal with friends or family or just buy yourself a special something to enjoy from the mall during your dental recovery. Having something to look forward to can help you move forward with getting proper dental care treatments.

## **H2: Breathing techniques can work**

Expectant mothers call it Lamaze, fitness instructors use it with yoga, and even professional athletes know the power of proper breathing techniques. By oxygenating your body with deep, slow breathing, you can relax your muscles, calm your mind, and lower your heart rate. There are many techniques available online, and you may even find they help you with common anxiety as well.

## **H2: Get the care you need**

No matter how you work past your anxiety, realize that many people suffer from it when they visit a dentist, and your dentist has only your best interests in mind. Talk to your dentist and express your concerns. They can accommodate your anxiety, answer your questions and provide exceptional treatment that you'll love. Need more information about painless dental procedures, feel free to contact the professionals at [Classified]. We'll strive to ensure you feel at ease.

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