

Frequently asked questions:

**Are you accepting new patients?**

Of course! We welcome new patients, and would love to be your new dentist!

**What insurance do you accept?**

We are contracted with a variety of insurance companies and discount plans. If you don't see your insurance company listed here, or have questions, give us a call! We'll double check and look into adding your insurance company to our list.

Aetna: DMO & PPO

Altius FEHB

Ameritus PPO

Assurant PPO

BCBS of Utah, Federal, and Regence

Chip

Cigna PPO

Coventry

Delta Dental Premier

DMBA

Dental Select Platinum

Dentemax

Educators Mutual

First Health

GEHA

Guardian

Mail Handlers

Metlife

PEHP

Principal

Select Health

United Concordia

United Healthcare

**Do you treat Patients without insurance?**

Yes! No dental insurance? No problem. We offer a 10% discount on procedures when paid in full, and are willing to work out payment plan options.

**Does your office offer payment plans?**

Yes! We work out payment plans on an individual basis. A minimum of \$100 down is required for treatment, and after that consistent monthly, bi-weekly, or weekly payments.

**How soon can I be seen by Dr. Meyer?**

Call us! Typically we can get you in right away, or within a day.

**Does Dr. Meyer treat emergency exams, even if they are after hours?**

Yes! Give us a call, and we will squeeze you in our schedule. If you are experiencing a dental emergency after hours Dr. Meyer can be reached personally at: 801-648-0708.

**Why should your teeth be cleaned twice a year?**

Plaque builds up over time and this sticky bacterial film can solidify and turn into calculus or tartar. This cement-like substance is removed by the dentist at your regular cleaning visits. A six-month interval not only serves to keep your mouth healthy and clean, it allows potential problems to be found and diagnosed earlier.

In some instances a six-month schedule is not enough. Based on your dental history, rate of calculus buildup, and pattern of decay a 3 or 4 month interval may be needed. Dr. Meyer will work with you to determine what will be best for you.

**How safe are dental X-rays?**

Fortunately, the dose of radiation you are exposed to during the taking of X-rays is extremely small. Advances in dentistry over the years have led to the low radiation levels emitted by dental X-rays. Some examples include: the use of film holders that keep the film in place in the mouth (which prevents the film from slipping and the need for repeat X-rays and additional radiation exposure), and the use of lead-lined, full-body aprons protects the body from stray radiation (though this is almost nonexistent with the modern dental X-ray machines.) In addition,

federal law requires that X-ray machines be checked for accuracy and safety every two years, with some states requiring more frequent checks.

### **It's been a long time since I've visited a dentist, what should I do?**

You're not alone! Whether it's been 6 months or 6 years, it's never too late to get back into the routine.

At our office, we can arrange for you to have a thorough and educational exam appointment. We have been taking care of people just like you for over 25 years - take advantage of our experience! We're here to help!

### **Why don't my dentures seem to fit anymore?**

You are probably aware that the bone of the mouth holds and supports the teeth. But the teeth of our mouth also support the bone. When the teeth are removed the bone loses the support once provided by the teeth and enters into a lifetime of constant shape change and atrophy (shrinkage). As a result, dentures that were made to fit your mouth several years ago don't fit now. People often try to compensate for this by using more and more denture adhesive until the desired fit is achieved. Unfortunately, this can cause faster loss of bone and an even worse fit.

We have some options available to treat these problems. Come see us! In most cases, we recommend either a relining of your existing dentures for a better fit or make a new set of dentures.

### **I've been scared of going to the dentist all my life, but my teeth need to be fixed, what should I do?**

Come talk to Dr. Meyer! That is the first step. The key to coping with dental anxiety is to discuss your fears with your dentist. Once Dr. Meyer knows what your fears are, he will be better able to work with you to determine the best ways to make you less anxious and more comfortable.

The good news is that today there are a number of strategies that can be used to help reduce fear, anxiety, and pain. These strategies include use of medications, (to either numb the treatment area or sedatives or anesthesia to help you relax), and the use of Nitrous Oxide (laughing gas). Remember, we'll work at your pace.

### **What are some ways to prevent & avoid tooth decay?**

Regular maintenance through your 6 month dental visits at our office, and daily brushing and flossing are the biggest ways to avoid tooth decay. A healthy diet, physical exercise, and regular sleeping routines can also affect the prevention of tooth decay and gingivitis.

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**What are my options for replacing a missing tooth?**

When a tooth is lost, a whole series of events can begin to occur. Chewing on the affected side becomes more difficult and over time the remaining teeth can actually tilt and erupt into the open space.

Depending on the location of the missing tooth, we would most likely recommend either a dental implant, a bridge, or a partial denture.

**All of these options have their benefits and drawbacks. If you would like more information, call us to schedule a consultation to go over the specifics of your case.**