

**J. Peter St. Clair, D.M.D., P.C.**  
*Family & Esthetic Dentistry*  
151 Central Street Rowley, MA 01969 (978) 948-2030  
[www.dentalhealthforlife.com](http://www.dentalhealthforlife.com)

## **What to expect at your 1st appointment**

In keeping with the high standards our staff strives to always maintain, your first appointment will be a comprehensive examination. This examination is professionally designed to enable our staff to perform any and all future dental needs to the highest standard of abilities available today, giving us totally accurate and thoroughly detailed diagnostic records of your individual needs. We treat every new patient the same regardless of whether the patient feels they need a large amount of dental work or none at all. Our reason for this is because we pride ourselves on being thorough. You will be examined by a physician of the masticatory system, not just a “tooth doctor”. There are many relationships between oral health and overall health that are often overlooked. We look beyond the teeth to give you a full picture and understanding of your individual situation. You very well may be 100% healthy but you deserve to have a comprehensive exam and to fully understand your status. **(Please be advised that depending upon your dental needs, you may or may not have your teeth “cleaned” at your first appointment)**

This visit will begin with record taking and recording and then proceed forward with a full examination and consultation with Dr. St. Clair. We evaluate four areas on every patient:

### **Esthetics:**

- Complete set of intraoral photographs
- Esthetic Analysis

### **Biology:**

- Oral cancer exam, as recommended by the American Cancer Society
- Gum depth measurements around each tooth detecting any gum disease. Your gum health will be classified in a system designed by the American Academy of Periodontology. Your subsequent hygiene appointment will be determined by this portion of the exam and be specifically tailored to your individual needs
- Only necessary x-rays showing all of your teeth and the surrounding bone

### **Function:**

- Complete oral, facial and joint muscle palpation, showing function or dysfunction
- Upper and lower mounted impressions (if indicated)
- Function and diagnosis of the TMJ, your jaw joint

### **Structure:**

- Existing present condition of each tooth, i.e. decay, fillings, crowns, cracks, etc.

Dr. St. Clair will then gather all of this information, breaking it down into easy to understand detail and review this with you at a subsequent appointment. We want you to understand what your dental status is, in all these areas, today as well as where we believe you are headed in the future. **You will never be pressured to do treatment.** You will be highly educated in your dental status and will be able to decide on what treatment is right for you.

It is a known fact that the conditions of the mouth and teeth have a direct affect on your overall physical health and quality of life. It is our job to educate you about your dental health, your job to make decisions about the treatment you receive and our commitment to provide the best dentistry has to offer.