

### **A Note From Dr. Geshay**

While your child is being treated, I wanted to discuss some very important issues related to today's visit and your child's dental future.

First, let me acknowledge how much it means to me that you are allowing me to resolve your child's dental problems. The trust this requires of you, in me and my staff, is greatly appreciated. We accept this trust with honor and with deep respect in you, as a parent, and of your child. In my eyes, and my heart, there is nothing so special as your precious child.

After providing comprehensive treatment and oral conscious sedations on thousands of children over the past 25 years, (like your child is receiving today) I have learned some very important lessons. I would like to share a few of these key lessons with you in hopes of making today's treatment outcome as positive and long-lasting as possible.

To assure that today's treatment "holds up" and no future decay occurs, you must change the dietary habits and the oral hygiene short-comings that have caused your child's decay. First, you must brush your child's teeth at least twice each day. Use only a "pea-sized" drop of fluoride containing toothpaste. The most important time to brush is just before bedtime; but also in the morning. Secondly, all liquid sugars (like: pop, apple juice, fruit juice, capri-sun, juice boxes, orange juice, sports drinks, gatorade, powerade, etc) must be stopped immediately. Substitute liquid sugars with Splenda. Splenda has been proved to be safe for children. In fact, it is made from sugar, but does not have the decay-causing component. Third, for children still on a bottle or being breast-fed, these habits must stop. Lastly, it is very important that your child be seen every six months for maintenance and cleaning visits.

Our goal is to be sure that your child's treatments are long-lasting. We see a noticeable difference in children's mouths after the sedation visit, who have followed these important recommendations; and with this children whose parents have not made an effort. The difference in stability, longevity, and stopping future decay is crystal clear. You must stop all factors that have lead up to today's treatment. By following the guidelines reviewed above, most children will not experience future decay.

Thank you for your trust and confidence. Our staff will be giving you home care instructions at the conclusion of today's visit. If you have any questions or concerns, please feel free to ask us. Our office phone is (724) 439-1576; my pager number is (412) 786-7421.

Sincerely,

James B. Geshay Jr., D.D.S.  
Pediatric Dental Specialist

After you have reviewed this letter, sign and date here. Please return this letter to the receptionist who will provide you with a copy.

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Signature

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Date