

A close-up photograph of a person's open mouth, showing a full set of bright white teeth and a healthy pink tongue. The lips are slightly parted, and the overall appearance is clean and well-maintained. The text is overlaid on this image.

Cary Ganz DDS

The Ultimate Guide to  
**Choosing Your  
Perfect Dentist**

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## Chapter I: Introduction

### Importance of Choosing the Right Dentist



When it comes to oral health, choosing the right dentist is crucial. A good dentist will not only ensure the health of your teeth and gums but also provide you with a comfortable and stress-free dental experience. Here are some reasons why choosing the right dentist is important.

#### Quality Dental Care

The right dentist will provide high-quality dental care that is tailored to your specific needs. They will use the latest techniques and equipment to ensure that you receive the best possible treatment. Additionally, they will take the time to explain your treatment options and answer any questions you may have.



# The Ultimate Guide to Choosing Your Perfect Dentist

## **Comfortable Dental Experience**

Going to the dentist can be stressful for some people. However, the right dentist will provide a comfortable and stress-free dental experience. They will take steps to ensure that you feel at ease throughout your visit. For instance, they may offer sedation dentistry or play soothing music to help you relax.

## **Prevention and Early Detection**

Regular dental checkups are important for the prevention and early detection of dental problems. The right dentist will not only identify any existing dental issues but also provide preventive care to ensure that you maintain good oral health. They will also educate you on proper oral hygiene practices to help you prevent dental problems in the future.

## **Trust and Confidence**

Choosing the right dentist will give you the peace of mind that you are receiving the best possible dental care. You will have confidence in your dentist's abilities and trust that they have your best interests at heart. This will help you feel more comfortable and relaxed during your dental visits.

## Overall Health

Oral health is linked to overall health. The right dentist will not only take care of your teeth and gums but also help you maintain good overall health. They will identify any oral health issues that may be affecting your overall health and provide treatment options to address them.

*In summary, choosing the right dentist is important for quality dental care, a comfortable dental experience, prevention and early detection of dental problems, trust and confidence, and overall health. Take the time to research and find a dentist who meets your specific needs and preferences. Your oral health and overall well-being depend on it.*

## Chapter 2: Overview of the Book

The Ultimate Guide to Choosing Your Perfect Dentist is an essential book for anyone looking to find the perfect dentist. This book provides readers with a comprehensive overview of the dental industry and the different types of dental professionals that are available to help them achieve their dental health goals.

The book covers the basics of dental care, including the importance of regular dental checkups, how to maintain good oral hygiene, and how to recognize the signs of dental problems early on. Readers will also learn about the different types of dental treatments and procedures that are available, including cosmetic dentistry, orthodontics, and restorative dentistry.

The book is written in a simple and easy-to-understand language, making it accessible to anyone who wants to learn more about dental care. It is also filled with practical tips and advice on how to choose the right dentist for your needs and how to get the most out of your dental appointments.

One of the key features of this book is its emphasis on patient empowerment. The authors understand that many people feel intimidated by the dental industry and may be hesitant to ask questions or speak up about their concerns. This book encourages readers to take an active role in their dental care and provides them with the tools and knowledge they need to make informed decisions about their oral health.

## The Ultimate Guide to Choosing Your Perfect Dentist

Overall, The Ultimate Guide to Choosing Your Perfect Dentist is an invaluable resource for anyone looking to find the perfect dentist. Whether you are a first-time dental patient or have been seeing a dentist for years, this book will provide you with the information and guidance you need to make the most of your dental care. So pick up a copy today and take the first step towards achieving your perfect smile!

## Chapter 3: The Basics of Selecting a Dentist

### Understanding Different Types of Dentists



When it comes to oral health, finding the right dentist is crucial. However, with so many different types of dentists out there, it can be difficult to know which one to choose. Here, we'll break down the different types of dentists and what they do, so you can make an informed decision.

#### General Dentists

General dentists are the most common type of dentist. They provide a wide range of dental services, including cleanings, fillings, and root canals. They're also responsible for diagnosing and treating dental issues such as gum disease and tooth decay. General dentists are a great choice for routine dental care and can refer you to a specialist if needed.

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## **Pediatric Dentists**

Pediatric dentists specialize in treating children's dental issues. They're trained to work with kids of all ages and can help with everything from teething to orthodontics.

Pediatric dentists often have a kid-friendly office with toys and games to help kids feel more comfortable during their visit.

## **Orthodontists**

Orthodontists specialize in correcting misaligned teeth and jaws. They use braces, retainers, and other devices to straighten teeth and improve the bite. Orthodontic treatment can take several years, so it's important to choose an orthodontist who you feel comfortable working with over the long term.

## **Periodontists**

Periodontists focus on the health of the gums and other tissues that support the teeth. They treat gum disease, perform gum surgery, and place dental implants. If you have gum issues or need dental implants, a periodontist may be the right choice for you.

## **Endodontists**

Endodontists specialize in treating the inside of the tooth, including the pulp and root canals. They're often called in to treat severe cases of tooth decay or infection. If you need a root canal, you'll likely see an endodontist.

## Prosthodontists

Prosthodontists specialize in replacing missing teeth with prosthetics such as bridges, dentures, and dental implants. They're also trained to restore damaged teeth with crowns and veneers. If you need extensive dental work, a prosthodontist can help.

*In conclusion, understanding the different types of dentists can help you choose the right one for your needs. Whether you need routine dental care or specialized treatment, there's a dentist out there who can help you achieve optimal oral health.*

## Chapter 4: Factors to Consider When Choosing a Dentist

When it comes to oral health, choosing the right dentist is key. Your dentist is the person who will guide you through your dental journey, providing you with advice, treatment, and support. But with so many dentists out there, how do you know which one is right for you? Here are some factors to consider when choosing a dentist:

**Location:** One of the first things to consider is the location of the dental office. You want a dentist who is conveniently located, so you don't have to travel too far. This is particularly important if you have a busy schedule.

**Experience:** When it comes to your oral health, experience matters. You want a dentist who has years of experience and is up-to-date with the latest dental practices. Look for a dentist who has a good track record and a strong reputation in the community.

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**Services:** Different dentists offer different services, so it's important to choose a dentist who provides the services you need. Some dentists specialize in cosmetic dentistry, while others focus on restorative dentistry. Make sure the dentist you choose offers the services you require.



**Technology:** Technology is constantly changing, and the dental industry is no exception. Look for a dentist who uses the latest technology and equipment. This will ensure that you receive the best possible care.

**Cost:** Dental care can be expensive, so it's important to choose a dentist who is affordable. Make sure you understand the costs involved and that you can afford the services. Some dentists offer payment plans or accept insurance, so make sure to ask about these options.

**Personality:** Finally, you want a dentist who has a good personality and makes you feel comfortable. A good dentist should be friendly, approachable, and easy to talk to. They should also be patient and understanding, especially if you have dental anxiety.



# The Ultimate Guide to Choosing Your Perfect Dentist

*Choosing the right dentist is an important decision that will impact your oral health for years to come. By considering these factors, you can make an informed decision and find the perfect dentist for your needs.*

## **Location**

When it comes to selecting the right dentist, location is an important factor to consider. You want to make sure that your chosen dental practice is conveniently located and easily accessible from your home or workplace. This will ensure that you can easily schedule and keep your appointments without incurring unnecessary travel time or expenses.

If you're unsure of where to start your search, consider using online directories or asking for recommendations from family and friends who live in your area. You can also check out reviews and ratings of local dental practices on social media platforms or review websites to get an idea of which practices have a good reputation in your area.

When choosing a dental practice based on location, it's important to consider factors such as parking availability, public transportation options, and the general accessibility of the practice. If you have mobility issues or require special accommodations, make sure to inquire about these before making your final decision.

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Another important factor to consider is the office hours of your chosen dental practice. You want to make sure that their office hours are convenient for your schedule, especially if you have a busy work or family life. Some dental practices may offer evening or weekend appointments, which can be especially helpful for those with limited availability during typical business hours.

Ultimately, the goal is to find a dental practice that is not only conveniently located but also offers high-quality dental care and a comfortable, welcoming environment. Take the time to research your options and schedule a consultation to get a feel for the practice and the team before making your final decision. With the right research and consideration, you can find the perfect dental practice to meet your needs and help you achieve optimal oral health.

### **Qualifications and Credentials**

When it comes to selecting the right dentist for your oral health needs, one of the most important factors to consider is their qualifications and credentials. A dentist's education and training are key indicators of their ability to provide safe, effective, and high-quality dental care.

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To become a licensed dentist, an individual must complete a rigorous educational program that includes both classroom and clinical training. This typically involves obtaining a bachelor's degree in a science-related field and then completing a four-year Doctor of Dental Medicine (DMD) or Doctor of Dental Surgery (DDS) program. Both the DDS and the DMD degrees are the same. After graduation, dentists must pass a national board exam and obtain a state license to practice.

In addition to their basic education and training, many dentists choose to pursue further specialization in areas such as orthodontics, prosthodontics, periodontics, or oral surgery. These advanced training programs can take an additional two to six years to complete and require rigorous coursework and hands-on clinical experience.

When choosing a dentist, it's important to look for someone who has the necessary qualifications and credentials to meet your specific needs. For example, if you're looking for a dentist to provide specialized orthodontic treatment, you'll want to look for someone who has completed a post-graduate orthodontic residency program or has completed post graduate education in such techniques as Invisalign or dental implants.

You can typically find information about a dentist's qualifications and credentials on their website or by contacting their office directly. Look for a dentist who is transparent about their education and experience and who can provide references or testimonials from satisfied patients.

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Ultimately, selecting the right dentist is about finding someone who you feel comfortable with and who can provide the personalized care and attention you need to maintain good oral health. By taking the time to research and evaluate potential dentists based on their qualifications and credentials, you can make an informed decision that will benefit your oral health for years to come.

## **Availability**

Availability is a crucial factor to consider when choosing the perfect dentist. The availability of a dentist can make all the difference, especially in emergency situations when you need immediate assistance. You want to choose a dentist that is readily available and can accommodate your schedule.

When selecting a dentist, inquire about their office hours and whether they offer emergency services. A dental emergency can happen at any time, and it is essential to have a dentist that can provide immediate care. Find out if they have a 24-hour helpline that you can call in case of an emergency.

Some dental practices offer extended hours and weekend appointments, which can be beneficial for those with busy schedules. This flexibility can ensure that you receive timely dental care without having to take time off work or school.

Another aspect of availability to consider is the location of the dental office. You want to choose a dentist that is conveniently located and easily accessible. This can save you time and money in transportation costs.

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In addition to location, you should also consider the availability of appointment slots. Some dentists have long wait times, which can be frustrating and inconvenient. You want to choose a dentist that can accommodate you and schedule appointments within a reasonable time frame.

It is also important to consider the availability of different dental procedures. Some dentists may not offer certain treatments or may refer you to a specialist. You want to choose a dentist that can provide a wide range of services to meet your dental needs.

*In conclusion, availability is a crucial factor to consider when choosing the perfect dentist. You want to choose a dentist that can provide timely care, has flexible hours, and is conveniently located. By considering these factors, you can find a dentist that meets your needs and provides the best possible care.*

## Reviews and Testimonials

One way to select the right dentist is to read reviews and testimonials from other patients. These reviews can provide you with insight into the quality of care that the dentist provides, as well as the level of professionalism and customer service offered by the dental practice.

When reading reviews and testimonials, it's important to look for patterns. If several patients mention the same positive attribute, such as a friendly and welcoming staff or pain-free procedures, then it's likely that this is a consistent aspect of the dental practice. On the other hand, if several patients mention negative experiences, such as long wait times or rude staff members, then this is also likely to be a consistent issue.

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It's also important to consider the source of the reviews and testimonials. While online reviews can be helpful, *they can also be manipulated or fake*. Look for reviews from credible sources, such as the dental practice's website or reputable review websites such as Yelp or Google reviews.

When speaking with references or reading testimonials, be sure to ask specific questions about the dentist's skills, communication style, and overall patient experience. This will help you get a better sense of whether the dentist is the right fit for your needs and preferences.

Ultimately, reviews and testimonials can provide valuable insight into the quality of care and patient experience offered by a dental practice. By taking the time to read and consider these reviews, you can make an informed decision about selecting the right dentist for your needs.

## Communication Skills

One of the most important qualities to look for in a dentist is their communication skills. A good dentist should be able to communicate with their patients in a clear and concise manner, explaining procedures and answering any questions that the patient may have. They should also be able to listen to their patients' concerns and address them appropriately.

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Effective communication between a dentist and a patient is essential in building a trusting relationship. Patients who feel that their dentist is listening to them and addressing their concerns are more likely to be satisfied with their dental care and to have positive outcomes.



When choosing a dentist, look for someone who takes the time to explain procedures and answer your questions fully. They should also be able to provide you with information about your dental health and treatment options in a way that you can understand.

Good communication skills also extend to the dental staff. The receptionist should be friendly and welcoming, and able to answer any questions you may have about appointments or insurance. Dental assistants and hygienists should also be able to communicate effectively with patients, explaining procedures and answering questions.

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If you have any special needs, such as hearing or vision impairments, look for a dentist who can accommodate those needs. They should be willing to make accommodations to ensure that you receive the best possible care.

*In summary, when selecting a dentist, pay close attention to their communication skills. Look for someone who is able to explain procedures and answer your questions in a clear and concise manner, and who takes the time to listen to your concerns. A dentist who communicates effectively is more likely to build a trusting relationship with their patients, resulting in better outcomes and a more positive dental experience.*

## Chapter 5: Finding Potential Dentists

### Asking for Recommendations

One of the most effective ways to find a good dentist is through recommendations from people you trust. Ask your family, friends, and co-workers if they have a dentist they would recommend. If they do, ask them why they like their dentist and what qualities they think make them a good choice. This will give you a better idea of what to look for in a dentist.

Another great resource for recommendations is online reviews. Many dental offices have reviews on their website or on sites like Yelp or Google. These reviews can give you an idea of how satisfied patients are with the care they received. However, it's important to keep in mind that *not all reviews are genuine, and some may be biased.*



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It's also a good idea to ask other healthcare professionals for recommendations. Your family doctor, pharmacist, or even your optometrist may have a dentist they would recommend. They may also be able to give you more information about the dentist's qualifications and experience.

If you're moving to a new area, ask your current dentist for a recommendation. They may have colleagues in the area who they can recommend. You can also check with your local dental society or professional association for a list of dentists in your area. When you've narrowed down your list of potential dentists, it's a good idea to schedule a consultation. This will give you an opportunity to meet the dentist, ask questions, and get a feel for the office and staff. During the consultation, ask about the dentist's experience and qualifications, their approach to treatment, and their availability for appointments.

Overall, asking for recommendations is a great way to find a good dentist. However, it's important to do your own research and make sure the dentist is a good fit for you and your needs. Don't be afraid to ask questions and take your time to find the right dentist for you.

## Searching Online

The internet has revolutionized the way we do things, and dentistry is no exception. With a simple search on your favorite search engine, you can find thousands of dental practices in your area. However, not all dental practices are created equal, and not all of them are a good fit for you. In this chapter, we'll take a look at how to search for a dentist online and what to look for to make the right choice.

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## Start with a search

The first step in finding a dentist online is to start with a search. You can start by searching for dentists in your area or by typing in the specific service you're looking for, such as "cosmetic dentistry in [your city]." Once you have a list of dentists, you can start to narrow down your options.

## Check out their website

A dental practice's website can tell you a lot about them. It can give you an idea of the services they offer, their hours of operation, and their location. You can also learn about the dentist's qualifications and experience, read patient reviews, and even book an appointment online. Take some time to browse through a few dental practice websites to get a sense of what they're all about. Here is a great place to start:

<http://www.greatneckdentalassociates.com>

## Read reviews

One of the best ways to get a sense of a dental practice is to read patient reviews. Many dental practices have reviews on their website, but you can also find reviews on Google or other review sites. Read through a few reviews to get an idea of what patients are saying about their experiences. Look for patterns in the reviews, such as consistent complaints or praise for a particular aspect of the practice.

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## Ask for recommendations

If you have friends or family members who live in your area, ask them for recommendations. They may have had a great experience with a dentist and can give you a personal recommendation. You can also ask your primary care physician for a referral.

## Conclusion

*Searching for a dentist online can be overwhelming. But by taking the time to do some research, you can find a dental practice that's a great fit for you. Start by searching online, checking out their website, reading reviews, and asking for recommendations. With a little effort, you can find a dentist who will help you maintain great oral health for years to come.*

## Checking with Dental Associations

One of the best ways to ensure that you select the right dentist for you is to check with dental associations. There are numerous dental associations throughout the world, and they all work to promote the highest standards of dental care among their members. These associations can be an excellent resource for people looking for a dentist who meets their needs.

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When you check with dental associations, you can learn about the qualifications and experience of different dentists. You can also find out if they have any specializations or areas of expertise that may be relevant to your dental needs. Additionally, you can learn about any complaints or disciplinary actions that have been taken against a particular dentist or dental practice.

One of the most prominent dental associations in the United States is the American Dental Association (ADA). This organization has been in existence for over 150 years and is dedicated to promoting oral health and advancing the dental profession. The ADA has a comprehensive website that includes a directory of its member dentists, as well as information on dental procedures, oral health, and dental insurance.

Another dental association that may be helpful to you is the Academy of General Dentistry (AGD). This organization represents over 40,000 general dentists in the United States and Canada. The AGD offers continuing education courses for its members, and it also maintains a database of member dentists that you can search to find a dentist in your area.

In addition to these national organizations, there are also many state and local dental associations that you can check with. These organizations may provide more personalized information about dentists in your area, as well as local resources for dental care.

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Overall, checking with dental associations can be an excellent way to ensure that you select the right dentist for your needs. By doing your research and utilizing these resources, you can feel confident that you are receiving the highest quality dental care possible.

## Contacting Dental Insurance Providers

When it comes to selecting the right dentist, one of the most important factors to consider is your dental insurance coverage. Most dental insurance providers offer a wide range of coverage options, including everything from routine cleanings and fillings to more complex procedures like root canals and orthodontics. To make sure you're getting the most out of your dental insurance coverage, it's important to know how to contact your insurance provider and ask the right questions.

The first step in contacting your dental insurance provider is to locate their contact information. This can usually be found on the back of your insurance card or on the provider's website. Once you have their contact information, you can call or email them to ask any questions you may have about your coverage.

When speaking with your dental insurance provider, be sure to ask about any restrictions or limitations on your coverage. For example, some insurance plans may only cover certain types of procedures or may require pre-authorization for certain treatments. It's important to know these restrictions so you can plan your dental care accordingly.

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You should also ask about any deductibles, co-pays, or out-of-pocket expenses you may be responsible for. Understanding these costs upfront can help you budget for your dental care and avoid any unexpected bills down the line.

Finally, be sure to ask about any in-network dentists in your area. Most dental insurance providers have a network of dentists who have agreed to provide services at a discounted rate to their members. By choosing an in-network dentist, you can save money on your dental care and ensure that you're getting the most out of your insurance coverage. It is important to understand that very often dental insurance is just meant to be a help in financing your dentistry. Much like a coupon, dental insurance may not cover most or all of the treatment planned. Out of network providers may help as well by submitting to your insurance company for our of network procedures as an aid in financing your dental care.

*In summary, contacting your dental insurance provider is an essential step in selecting the right dentist. By asking the right questions and understanding your coverage, you can make informed decisions about your dental care and ensure that you're getting the most out of your insurance plan.*

## Chapter 7: Evaluating Potential Dentists

### Conducting an Initial Consultation

Choosing the right dentist is a significant decision that requires careful consideration. One of the essential steps in selecting the right dentist is conducting an initial consultation. This consultation helps you get to know the dentist and their team and determine if they are a good fit for your dental needs.

To begin, schedule a consultation with the dentist you are considering. When you arrive at the office, you will be greeted by the dental team and will fill out some paperwork. This paperwork will provide important information about your medical history, current dental issues, and insurance information.

During the consultation, the dentist will ask you about your dental history, any current dental problems, and your dental goals. It is essential to be honest and open with the dentist to ensure they have all the information they need to provide you with the best possible care.

The dentist will also perform a comprehensive oral exam, which may include X-rays, to assess your dental health. They will check your teeth, gums, and mouth for any signs of decay, infection, or disease. The dentist may also check your bite, jaw, and neck muscles to assess any potential issues.

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After the exam, the dentist will discuss their findings with you and recommend any necessary treatments. They will also answer any questions you have about your dental health and treatment options.

Apart from the dentist's expertise and competency, the initial consultation is also an opportunity to evaluate the dental office's atmosphere, cleanliness, and professionalism. Pay attention to how the staff treats you and other patients, how comfortable you feel in the office, and if the office is equipped with the latest technology.

In conclusion, conducting an initial consultation is a crucial step in selecting the right dentist. It helps you determine if the dentist is a good fit for your dental needs and if their office meets your standards. Take the time to research and consider your options carefully and make an informed decision that will benefit your dental health for years to come.



## Assessing the Office and Staff

When choosing a dentist, it's important to consider not only the dentist's qualifications and experience but also the office and staff. A dental office should be clean, well-organized, and equipped with the latest technology and equipment. The staff should be friendly, knowledgeable, and able to answer any questions you may have.

One key aspect to look for when visiting a dental office is the cleanliness and organization of the space. Is the waiting room tidy and well-maintained? Are the treatment rooms clean and well-stocked? A clean and organized office can provide a sense of comfort and confidence in the dental care you will receive.

Another important factor to consider is the technology and equipment used in the office. A dental office should be equipped with the latest technology and equipment to provide the best possible care. This may include digital X-rays, intraoral cameras, and other state-of-the-art tools. When choosing a dentist, it's important to ask about the technology and equipment used in the office to ensure that you will receive the most advanced care possible.

The staff at a dental office should be friendly, knowledgeable, and able to answer any questions you may have. They should be able to explain procedures and treatments in a way that is easy to understand and provide you with information on how to care for your teeth and gums. When visiting a dental office, take note of the friendliness and professionalism of the staff. A positive and welcoming atmosphere can make all the difference in your dental experience.

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*In summary, when assessing a dental office and staff, it's important to consider the cleanliness and organization of the space, the technology and equipment used, and the friendliness and professionalism of the staff. By taking these factors into account, you can ensure that you choose a dentist who will provide you with the best possible care and experience.*

## Reviewing Treatment Options and Fees

When it comes to dental treatment, there are a variety of options available, each with its own benefits and drawbacks. As a dental patient, it's important to understand these options so you can make an informed decision about the best course of treatment for your needs.

Before deciding on a treatment plan, your dentist should review all available options with you, including their respective costs and potential benefits. Some common treatment options include:

- **Fillings:** Used to repair cavities or other damage to teeth, fillings can be made from a variety of materials, including amalgam, composite resin, and porcelain.
- **Crowns:** Also known as caps, crowns are used to cover damaged or weakened teeth. They can be made from metal, porcelain, or a combination of materials.
- **Bridges:** Used to replace one or more missing teeth, bridges are anchored to neighboring teeth or implants.

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- **Dentures:** Removable prosthetic devices used to replace missing teeth.
- **Implants:** Surgically implanted artificial tooth roots that can support a variety of prosthetic dental devices, including crowns, bridges, and dentures.

Of course, each of these treatment options comes with a different cost, and it's important to understand the fees associated with each option before making a decision. Your dentist should be upfront about the costs associated with each treatment option, including any additional fees for follow-up appointments or maintenance.

It's also worth noting that dental insurance may cover some or all of the costs associated with certain treatments. Your dentist should be able to provide you with an estimate of your out-of-pocket costs based on your insurance coverage.

*Ultimately, the most important thing is to choose a treatment plan that meets your needs and fits within your budget. By working with a knowledgeable and transparent dentist, you can make an informed decision about the best course of treatment for your dental health.*

## Checking for Emergency Care Availability

When it comes to dental emergencies, time is of the essence. Whether you're experiencing severe tooth pain or have suffered a dental injury, it's important to seek emergency care as soon as possible. However, not all dental practices offer emergency services. Before choosing a dentist, it's important to check for their availability of emergency care.

Here are some tips on how to check for emergency care availability:

- 1. Research the dentist's website:** Most dental practices will have a website that outlines their services. Look for information on emergency care and whether the practice offers it. If you can't find any information, call the practice and ask.
- 2. Check their hours of operation:** Dental emergencies can happen at any time, so it's important to choose a dentist with flexible hours. Look for a practice that offers extended hours or weekend appointments.
- 3. Ask about their emergency protocol:** Find out what the dentist's emergency protocol is. Will you be able to see the dentist immediately, or will you have to wait? Will they refer you to another practice if they can't see you right away?
- 4. Check for after-hours availability:** Dental emergencies don't always happen during regular business hours. Find out if the dentist offers after-hours emergency care or has an on-call dentist available.

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5. **Location:** When it comes to dental emergencies, time is of the essence. Choose a dentist that is located close to your home or office, so you can get there quickly in case of an emergency.

*In conclusion, it's important to choose a dentist that offers emergency care. Research the dentist's website, check their hours of operation, ask about their emergency protocol, check for after-hours availability, and consider their location. By taking these steps, you can rest assured that you'll be able to get the care you need in case of a dental emergency.*



## Chapter 8: Making Your Final Decision

### Weighing the Pros and Cons of Each Candidate

When it comes to selecting the right dentist, there are several factors to consider. One of the most important is weighing the pros and cons of each candidate. Whether you have a specific dental issue that needs to be addressed or you simply need routine dental care, it's important to choose a dentist who can meet your needs and provide quality care. Here are some pros and cons to consider when evaluating potential candidates.

#### Pros:

**Experience:** One of the most important factors to consider is the dentist's experience. An experienced dentist will have a better understanding of various dental procedures and will be able to provide more effective treatment.

**Reputation:** A dentist's reputation is also important. Look for reviews and testimonials from other patients to get a sense of the quality of care they provide. A good reputation is a sign that the dentist is trustworthy and provides quality care.

**Location:** The location of the dentist's office is also important. Choose a dentist who is conveniently located near your home or workplace to make appointments easier to schedule.

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## Cons:

**Cost:** Dental care can be expensive, so cost is a significant factor to consider. Look for a dentist who accepts your insurance, or who offers affordable payment plans to help make dental care more accessible.

**Wait times:** Some dentists have long wait times for appointments, which can be frustrating for patients. Look for a dentist who can schedule appointments quickly and efficiently.

**Compatibility:** Finally, it's important to consider whether you feel comfortable with the dentist. Choose a dentist who is friendly, approachable, and easy to talk to, so you feel comfortable asking questions and discussing any concerns.

*Overall, selecting the right dentist requires careful consideration of several factors. By weighing the pros and cons of each candidate, you can find a dentist who can meet your needs and provide quality care.*

## Trusting Your Instincts

When it comes to selecting a dentist, there are plenty of factors that you must consider. From their qualifications to their experience, you need to be sure that the professional you choose is the right fit for you. However, one of the most important aspects of choosing a dentist is trusting your instincts.

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Your intuition is a powerful tool that can help you make the right decision when it comes to choosing a dentist. It is a natural ability that we all possess and can be an excellent guide when making important decisions. Your instincts are often based on your subconscious mind and can be influenced by your experiences, beliefs, and values. Therefore, it is essential to listen to your gut feeling when choosing a dentist.

Before selecting a dentist, take some time to reflect on your experience during your initial consultation. Did you feel comfortable talking to them? Did they listen to your concerns and answer your questions satisfactorily? Did they seem genuinely interested in your dental health? If you answered yes to these questions, then your instincts are telling you that this dentist is a good fit for you.

On the other hand, if you feel uneasy or uncomfortable during your consultation, it is crucial to listen to these feelings. Your instincts may be telling you that this dentist is not the right one for you. Trusting your gut feeling can save you from a lot of trouble down the road.

In conclusion, trusting your instincts is an essential factor when selecting a dentist. Although qualifications and experience are crucial, your intuition can guide you towards finding the right fit for you. By listening to your gut feeling, you can avoid making a decision that you may come to regret later. So, take the time to reflect on your experience during your initial consultation and trust your instincts when it comes to selecting the right dentist.



## Chapter 9: Making the Appointment

Once you have done your research and identified potential dentists, the next step is to schedule an appointment. Here are some tips to ensure that you make the most out of your appointment and select the right dentist for your needs.

### 1. Call in Advance

Before you walk into a dental clinic, it is essential to call in advance to schedule an appointment. This way, you can check the availability of the dentist and avoid waiting in the reception area for an extended period. Most dental clinics have online booking options, so be sure to check their website.

### 2. Communicate Your Needs

When you call to schedule an appointment, be sure to communicate your needs clearly. Inform the receptionist about the reason for your visit, any dental concerns you may have, and any special requirements you may need, such as wheelchair access or language translation services.

### 3. Provide Your Insurance Information

If you have dental insurance, provide the details to the receptionist when you schedule the appointment. This way, the clinic can verify your coverage and inform you of any out-of-pocket expenses you may incur.

## 4. Prepare Your Medical History

Before your appointment, prepare your medical history and bring it with you. This information will help the dentist understand your overall health and any medications you may be taking that could affect your dental treatment.

## 5. Arrive Early

Arrive at the clinic at least 15 minutes before your appointment. This will give you enough time to fill out any necessary paperwork and complete any pre-appointment assessments.

## 6. Ask Questions

During your appointment, don't be afraid to ask questions. The dentist should be willing to take the time to answer your inquiries and explain any treatments or procedures you may need.

By following these tips, you can ensure that you make the most out of your appointment and select the right dentist for your needs. Remember, a good dentist is one who listens to your concerns, communicates effectively, and provides quality dental care tailored to your needs.

## Chapter 10: Preparing for Your First Visit

### Gathering Necessary Information

When it comes to selecting the right dentist, one of the most important steps is gathering necessary information. This means doing research on potential dentists and their practices to ensure that you make an informed decision. Here are some key pieces of information to gather before choosing a dentist:

#### 1. Credentials and Experience

It's important to verify that your dentist has the appropriate credentials and experience to provide the care you need. This includes checking their education and any certifications or memberships in professional organizations. Additionally, you may want to ask about their experience with certain procedures or conditions to ensure they have the necessary expertise.

#### 2. Services and Specializations

Different dentists offer different services and may have specializations in certain areas. For example, some dentists may focus on cosmetic dentistry, while others may specialize in orthodontics or pediatric dentistry. Be sure to research the services and specializations of potential dentists to find the one that can best meet your needs.

#### 3. Location and Hours

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The location and hours of a dental practice can also be important factors in your decision. Consider how far you are willing to travel for appointments and whether the office hours are convenient for your schedule. Additionally, you may want to find a dentist who offers emergency services or has flexible scheduling options.

## **4. Insurance and Payment Options**

If you have dental insurance, it's important to find a dentist who accepts your plan. You should also inquire about payment options for any out-of-pocket expenses. Some dentists may offer financing or payment plans to make treatment more affordable.

## **5. Patient Reviews and Testimonials**

Finally, reading patient reviews and testimonials can provide valuable insight into the quality of care provided by a dentist. Look for reviews on the dentist's website, social media pages, and other online platforms. You may also want to ask friends and family members for recommendations.

By gathering this information, you can make an informed decision when selecting the right dentist for your needs. Remember, the right dentist can provide not only quality dental care, but also a positive and comfortable experience for you and your family.

## Chapter II: Understanding the Importance of Medical History

### Understanding the Importance of Medical History

Your medical history plays a crucial role in determining the quality of care you receive from your dentist. It provides your dentist with essential information that can influence the type of treatment you get, the medications prescribed, and the precautions taken during your dental procedure. This is why it is essential to disclose any medical condition, past surgeries, or allergies to your dentist before any dental procedure.

Your medical history helps your dentist understand the risk factors that may be associated with your dental treatment. For example, if you have a history of cardiovascular disease, your dentist may decide to avoid or modify some procedures to mitigate the risk of complications. Similarly, if you have a history of allergies, your dentist may prescribe medications or use alternative materials that do not trigger an allergic reaction.

Your medical history also gives your dentist an insight into your overall health status. Certain medical conditions, such as diabetes, can affect your oral health and vice versa. Your dentist may need to work closely with your primary healthcare provider to develop a comprehensive treatment plan that addresses both your oral health and overall wellness.

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In addition, your medical history also helps your dentist select the most appropriate anesthesia or sedation method for your dental procedure. Some medical conditions, such as sleep apnea, may require special considerations when it comes to sedation. It is crucial to disclose any medication you are taking, including over-the-counter drugs and supplements, as they may interact with anesthesia or sedatives.

*In conclusion, understanding the importance of medical history is critical when selecting the right dentist. By providing your dentist with accurate and complete information about your health status, you can ensure that you receive the best possible care and avoid complications during your dental treatment. Remember, honesty is the best policy when it comes to your medical history.*

### Communicating Your Needs and Concerns

Communication is key in any relationship, and this is especially true when it comes to choosing the right dentist. It's important to communicate your needs and concerns to your dentist to ensure that you receive the best possible care. Here are some tips for effectively communicating with your dentist:

#### 1. Be honest about your dental history

Your dentist needs to know about any previous dental procedures you've had, as well as any ongoing dental issues you may be experiencing. Don't be afraid to share any concerns or fears you have about dental procedures. Your dentist can work with you to create a plan that addresses your specific needs, and can help alleviate any dental anxiety you may be experiencing.

## 2. Ask questions

If you're unsure about a dental procedure or treatment, ask your dentist to explain it to you in detail. This will help you understand the procedure and what to expect, which can help alleviate any anxiety you may be feeling. Additionally, asking questions can help ensure that you receive the best possible care, as it allows your dentist to better understand your needs.

## 3. Express your preferences

If you have a preference for a certain type of dental treatment or procedure, let your dentist know. For example, if you prefer a certain type of filling material or prefer a certain type of anesthesia, communicate this to your dentist. Your dentist can work with you to ensure that your preferences are accommodated, which can help you feel more comfortable and confident during your dental appointments.

## 4. Be open to feedback

Your dentist may have recommendations for improving your dental health, such as improving your oral hygiene routine or undergoing a certain dental procedure. Be open to this feedback and consider it carefully. Your dentist has your best interests in mind, and can help you achieve optimal dental health.

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In conclusion, communication is essential when it comes to choosing the right dentist and receiving the best possible dental care. By being honest, asking questions, expressing your preferences, and being open to feedback, you can ensure that you receive the best possible care and achieve optimal dental health.

## Arriving Prepared

When it comes to visiting the dentist, arriving prepared can make all the difference in your experience. Not only will it help you feel more confident and relaxed, but it can also help your dentist provide better care.

Here are some tips for arriving prepared for your dental appointment:

- 1. Confirm your appointment:** Make sure you know the date, time, and location of your appointment. If you're unsure, call the office to confirm.
- 2. Complete any forms:** Many dental offices will have you fill out forms prior to your appointment. These forms will ask for your medical history, insurance information, and contact details. Completing these forms ahead of time can save you time and stress on the day of your appointment.
- 3. Know your dental history:** Be prepared to discuss your dental history with your dentist. This includes any past dental procedures, medications you're taking, and any concerns you may have.



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4. **Bring a list of questions:** If you have any questions or concerns, write them down and bring them with you. This will help ensure that you get all the information you need from your dentist.

5. **Bring your insurance card:** If you have dental insurance, make sure to bring your insurance card with you to your appointment. This will help your dentist determine what treatments are covered and what your out-of-pocket costs may be.

6. **Wear comfortable clothing:** You'll want to be comfortable during your dental appointment, so wear loose, comfortable clothing. Avoid wearing tight-fitting clothes or jewelry that may interfere with your treatment.

7. **Arrive early:** Arriving early can help reduce stress and give you time to relax before your appointment. It also gives you time to fill out any forms if you haven't already done so.

By arriving prepared for your dental appointment, you can help ensure a positive experience and better care from your dentist.

## Chapter 12: Building a Long-Term Relationship with Your Dentist

### Maintaining Regular Appointments

Regular dental appointments are crucial for maintaining good oral health. Even if you brush and floss daily, you still need to visit your dentist for routine check-ups and cleanings. These appointments help detect any potential issues before they become major problems, and they can save you time and money in the long run.

Here are some tips for maintaining regular dental appointments:

#### 1. Schedule your appointments in advance

One of the best ways to ensure that you don't miss a dental appointment is to schedule it in advance. This way, you can plan ahead and make sure that you have enough time to take care of everything else that needs to be done.

#### 2. Set reminders

Another way to help you remember your dental appointments is to set reminders. You can use your phone, calendar, or any other tool that works for you. This will help you stay on top of your appointments and ensure that you don't forget them.

#### 3. Keep your appointments even if you don't have any issues

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Many people make the mistake of skipping their dental appointments if they don't have any issues. However, this is not a good idea. Regular check-ups and cleanings help prevent issues from developing in the first place, and they can help catch any problems early on.

## **4. Communicate with your dentist**

If you have any concerns or questions about your oral health, don't hesitate to communicate with your dentist. This will help them understand your needs and provide you with the best possible care.

## **5. Follow your dentist's recommendations**

Your dentist may recommend certain treatments or procedures to improve your oral health. It's important to follow their recommendations to ensure that you are getting the best possible care.

In conclusion, maintaining regular dental appointments is essential for good oral health. By scheduling appointments in advance, setting reminders, keeping appointments even if you don't have any issues, communicating with your dentist, and following their recommendations, you can ensure that you are taking the best possible care of your teeth and gums.

## Seeking Preventive Care

Preventive dental care is the best way to keep your teeth and gums healthy. Regular dental check-ups and cleanings can help prevent dental problems from developing or becoming more serious. It is important to seek preventive care before problems arise, as this can save you time, money, and discomfort in the long run.

Regular dental check-ups are recommended every six months. During your check-up, your dentist will examine your teeth and gums for signs of decay, cavities, gum disease, and other oral health problems. X-rays may also be taken to detect any hidden issues that may not be visible to the naked eye. If any problems are detected, your dentist will discuss treatment options with you.

In addition to regular check-ups, professional dental cleanings are also important for maintaining good oral health. Even if you brush and floss regularly, plaque and tartar can still build up on your teeth, leading to cavities and gum disease. A professional cleaning can remove this buildup and leave your teeth feeling smooth and clean.

In between dental visits, it is important to maintain good oral hygiene habits at home. This includes brushing your teeth twice a day for at least two minutes each time, flossing daily, and using mouthwash as needed. Eating a healthy diet and avoiding sugary or acidic foods and drinks can also help prevent dental problems.

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By seeking preventive dental care, you can help ensure that your teeth and gums stay healthy and strong. Regular dental check-ups and cleanings can catch problems early before they become more serious, saving you time, money, and discomfort in the long run. So don't wait until you have a dental problem to seek care - make preventive dental care a part of your routine today.

## Following Up After Treatment

**Congratulations**, you have successfully completed your dental treatment! Now that your teeth are healthy and shiny, it is time to ensure that they stay that way. The key to maintaining good oral health is a strong follow-up routine. Here are some tips to help you keep your teeth in tip-top shape after your treatment.

- 1. Follow your dentist's instructions:** Your dentist will provide you with instructions on how to care for your teeth after treatment. It is essential that you follow these instructions carefully. They may include advice on how to brush and floss your teeth, what foods to avoid, and how often to visit your dentist for check-ups.
- 2. Maintain good oral hygiene:** To keep your teeth healthy and prevent future dental problems, you must maintain good oral hygiene. Brush your teeth twice a day with a fluoride toothpaste, floss once a day, and use mouthwash to freshen your breath.
- 3. Watch what you eat and drink:** Certain foods and drinks can cause damage to your teeth. Sugary and acidic foods and drinks can erode tooth enamel and cause cavities. Avoiding these types of food and drinks can help keep your teeth healthy.

**4. Visit your dentist regularly:** Even if you do everything right, it is still important to visit your dentist regularly for check-ups and cleanings. Your dentist can detect any issues early and prevent them from becoming more serious.

**5. Address any issues promptly:** If you notice any issues with your teeth or gums, such as pain, swelling, or bleeding, it is important to address them promptly. Ignoring these issues can lead to more serious dental problems down the road.

By following these tips, you can maintain good oral health and ensure that your teeth stay healthy and shiny. Remember, your dentist is your partner in your oral health journey, so do not hesitate to reach out to them if you have any questions or concerns.

### **Providing Feedback**

Feedback is an essential component of the dental care experience. It allows you to provide your dentist with valuable information about your experience, both positive and negative. This feedback helps them to improve their services and enhance your overall dental care experience. Here are some tips for providing feedback to your dentist:

#### **Be Honest**

When providing feedback to your dentist, it is essential to be honest. This honesty will help your dentist to understand your needs and expectations better. If you have concerns or issues with their services, be honest in sharing them. It is the best way to resolve any problems and improve the quality of care you receive.

#### **Be Specific**

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When providing feedback to your dentist, it is essential to be specific. General feedback like "I didn't like it" or "it was good" is not helpful. Instead, provide specific details about what you liked or didn't like. For example, if you didn't like the way the dentist communicated with you during your visit, be specific about what they did or said that made you uncomfortable.

### **Be Constructive**

When providing feedback, it is essential to be constructive. Your goal should be to help your dentist improve their services, not to criticize or complain. Be specific about what you would like to see changed or improved, and provide suggestions for how they can make those changes.

### **Be Timely**

When providing feedback, it is essential to do so in a timely manner. Don't wait until your next appointment to share your feedback. If you have concerns or issues, address them as soon as possible. This will allow your dentist to address the issue promptly and make any necessary changes.

### **Conclusion**

*Providing feedback is an essential component of the dental care experience. It allows you to share your thoughts and concerns with your dentist, helping them to improve their services and enhance your overall dental care experience. Remember to be honest, specific, constructive, and timely when providing feedback to your dentist. By doing so, you can help them provide you with the best possible dental care.*

## Chapter 13: Conclusion

### Recap of Key Points

In this chapter, we have covered a lot of information about selecting the right dentist for you. It is important to remember that dental care is a crucial part of your overall health and wellness, and finding the right dentist can make all the difference in your experience.

First, we discussed the importance of conducting thorough research before choosing a dentist. This includes checking their credentials, reading reviews from previous patients, and scheduling a consultation to get a feel for their approach to dental care.

We also talked about the different types of dentists available, such as general dentists, specialists, and cosmetic dentists. Each type of dentist offers unique services and expertise, so it is important to understand what you need and what each type of dentist can offer.

Next, we delved into the importance of finding a dentist who makes you feel comfortable and at ease. Dental anxiety is a common issue for many people, and finding a dentist who understands and can help alleviate your fears can make a big difference in your overall experience.

Finally, we discussed the importance of finding a dentist who offers services that fit your specific needs and preferences. This includes factors such as location, insurance coverage, and scheduling flexibility.



# The Ultimate Guide to Choosing Your Perfect Dentist

In summary, choosing the right dentist involves conducting thorough research, understanding the different types of dentists available, finding a dentist who makes you feel comfortable, and selecting a dentist who offers services that fit your needs and preferences. By following these key points, you can find the perfect dentist to meet your dental care needs and ensure a positive experience.

## Encouragement to Take Action

Now that you have a better understanding of how to select the right dentist for your needs, it's time to take action and make an appointment. It's understandable to feel a bit nervous or hesitant about visiting the dentist, but remember that taking care of your oral health is essential for your overall well-being.

Here are a few reasons why you should take action and schedule an appointment with a dentist:

- 1. Preventative Care:** Regular dental check-ups and cleanings can help prevent future dental problems, such as cavities, gum disease, and tooth loss. Catching these issues early on can save you time, money, and discomfort in the long run.
- 2. Improved Confidence:** A healthy, bright smile can boost your confidence and self-esteem. If you're self-conscious about your teeth, visiting a dentist can help you address any cosmetic concerns and feel more confident in your appearance.

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**3. Better Overall Health:** Poor oral health has been linked to a variety of health problems, including heart disease, diabetes, and stroke. By taking care of your teeth and gums, you're also taking care of your overall health.

If you're still feeling nervous about visiting the dentist, here are a few tips to help ease your anxiety:

**1. Communicate with your dentist:** Let your dentist know about any fears or concerns you may have. They can work with you to create a treatment plan that feels comfortable and safe for you.

**2. Bring a friend or family member:** Having someone you trust with you during your appointment can help ease your anxiety and provide support.

**3. Practice relaxation techniques:** Deep breathing, meditation, or listening to calming music can help you relax before and during your appointment.

Remember, taking the first step towards better oral health can be intimidating, but it's worth it in the long run. Don't let fear hold you back from receiving the care you need. Take action and schedule an appointment with a dentist today.



### **Chapter 14: Final Thoughts and Resources.**

Congratulations! You've made it to the end of The Ultimate Guide to Choosing Your Perfect Dentist. We hope that the information we've provided has been helpful in guiding you towards selecting the right dentist for your needs and preferences.

As a final thought, we'd like to stress the importance of regular dental visits. Even if you think your teeth and gums are healthy, routine check-ups and cleanings are crucial in maintaining good oral health. Your dentist can also spot potential issues before they become major problems and provide preventative care to keep your teeth and gums in top shape.

If you're still unsure about finding the right dentist, don't hesitate to ask for recommendations from family, friends, or coworkers. You can also check online reviews or contact your local dental society for referrals.

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As a resource, we've compiled a checklist of things to consider when choosing a dentist:

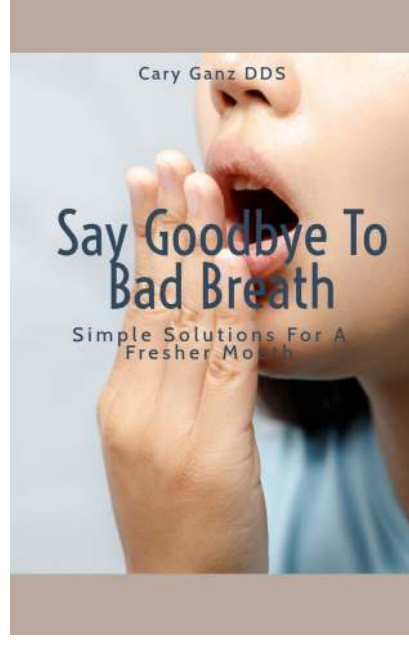
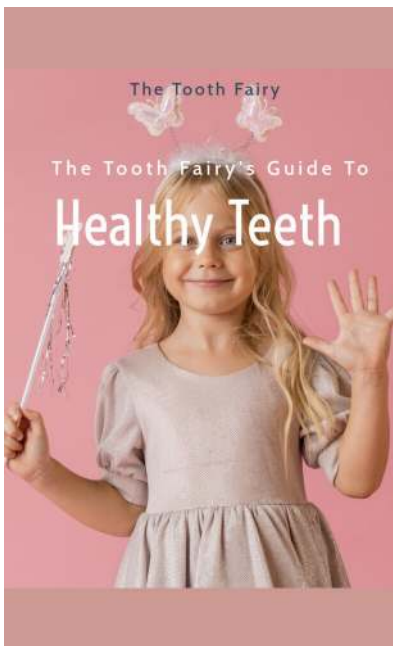
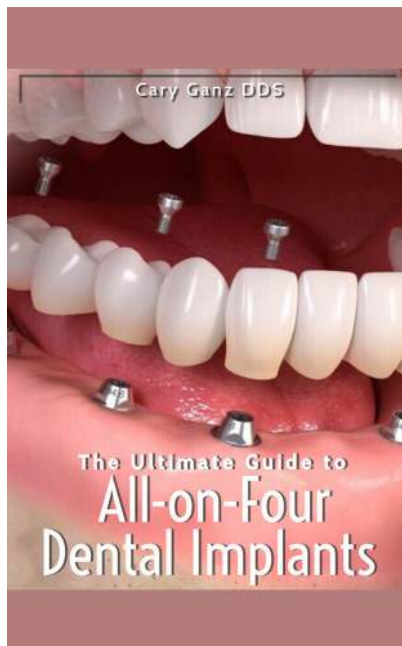
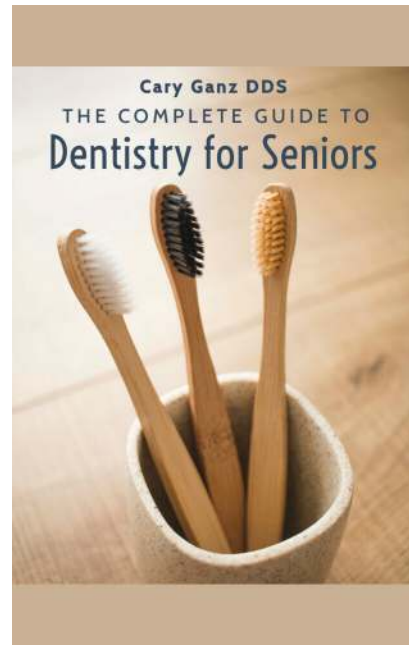
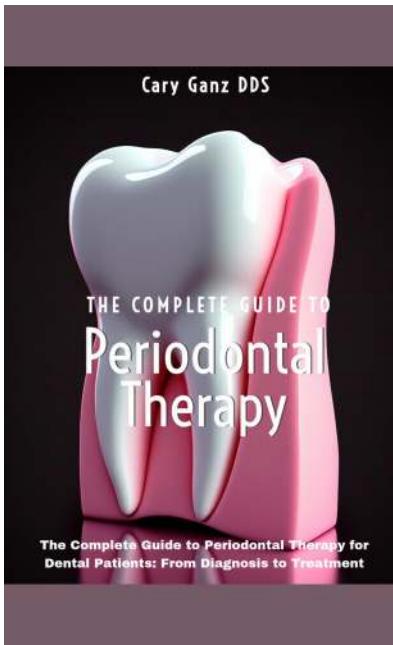
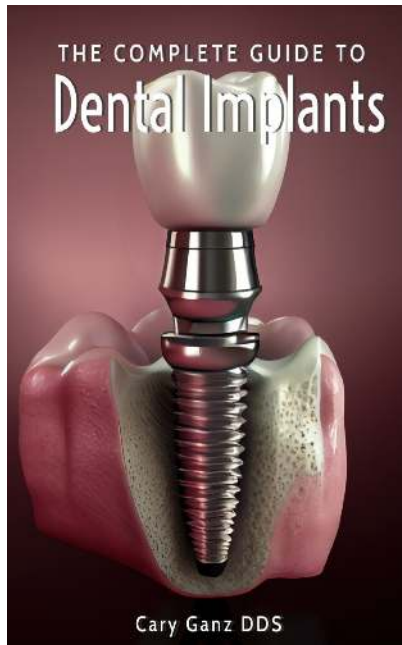
- **Location:** Is the dentist's office conveniently located for you?
- **Office hours:** Do their hours of operation fit your schedule?
- **Insurance:** Do they accept your dental insurance?
- **Services offered:** Do they offer the services you need, such as cosmetic dentistry or orthodontics?
- **Comfort level:** Do you feel comfortable with the dentist and their staff?
- **Reputation:** Have they received positive reviews from previous patients or professional organizations?

Remember, finding the right dentist is a personal decision that should take into account your individual needs and preferences. Don't be afraid to ask questions or voice your concerns to potential dentists.

We hope that this guide has been helpful in your search for the perfect dentist. Best of luck in your dental journey!



# The Ultimate Guide to Choosing Your Perfect Dentist



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## About The Author

We are so excited to welcome Dr. Cary Ganz to Great Neck Dental Associates! Dr. Ganz comes to us from his previous Prosthodontic private practice in Garden City. A graduate of N.Y.U. College of Dentistry, Dr. Ganz received his Prosthodontic credentials from Kingsbrook Jewish Medical Center.

Dr. Ganz is currently on staff and has served as the Co-Chief of Implant Dentistry and the Implant Fellowship Program at North Shore University Hospital and Long Island Jewish Medical Center. He has also been an owner and Vice President of Clinical Affairs at Dexis Digital Radiography and has been involved with advanced dental technologies for most of his career.

Dr. Ganz has also written and published many articles that have appeared in the dental literature, has lectured nationally and internationally on a wide range of topics including Implant Prosthodontics, Cosmetic Dentistry, Lasers, Advanced Dental Technologies and the Internet.

Dr. Ganz is a Member of the American Dental Association, a Fellow in the American College of Dentists a Member of the Academy of Sleep Medicine and has been on the advisory board and consultant to several dental manufacturers. He was Vice President of Clinical Affairs for PlanetDDS, the manufacturer and distributor of Denticon Practice Management Software and DentiRay, digital x-ray system for Dentistry.

As a Prosthodontist, Dr. Ganz specializes in the treatment of complex dental conditions using a wide range of dental modalities including dental implants, full and partial dentures, Invisalign Wireless Braces, and Cosmetic Dentistry. He also has years of experience in managing chronic head, neck and TMJ pain as well as a passion for the treatment of Sleep Apnea using Oral Sleep Apnea appliances.

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