

M I L L B R A E   D E N T A L   C A R E



WELCOME TO OUR PRACTICE!



**invisalign**

SureSmile® Aligners





Welcome to our practice. Many of our new and existing patients have asked me about my dental schooling and my post graduate work in neuromuscular, TMJ, cosmetic & sleep apnea dentistry. So I thought I'd share a bit about my training, my team and our approach to dentistry. I am an honors graduate of University of Pacific School of Dentistry and have been practicing for over 15 years in the Bay Area. I am a graduate of the Las Vegas Institute for Advanced Dental Studies (LVI). LVI is the leader in cosmetic and neuromuscular dentistry techniques, smile design and TMJ/Sleep Apnea treatments.

I found LVI to be the ideal institute to pursue my postgraduate specialties in Cosmetic, TMJ and Apnea Dentistry as they uphold the highest levels of quality, esthetics and professionalism in the world. My team and I pride ourselves in providing dentistry above and beyond the restrictions that common dental insurance impose on quality and esthetics. I work with only the best dental labs in the United States and use only the highest quality materials for our treatments.

We also take pride in the fact that we offer the latest technology available. A great example is our use of digital x-rays. We use this technology to decrease your radiation exposure by more than 80% while enabling you to view your images in high resolution on the computer next to your chair; thus including you in the diagnosis. During your visit be sure to ask us about other technology such as intra-oral cameras and computer-simulated Smile Design.

**My philosophy on dentistry can be described in three phases:**

**The Restorative Dentistry** phase is basic evaluation and repair of your teeth. The goal of this phase is to bring your teeth back to the shape and condition as they once were. To accomplish this we replace broken or leaking fillings, restore decay with crowns and bridges, fit partial and full dentures, and make minor adjustments to your bite alignment. Where necessary, gum disease is treated, or root canal therapy recommended. The prevailing belief behind restorative dentistry is a simple one: you can keep your smile for life.

**The Preventive Dentistry** phase is our goal for *every patient*. It involves the daily care, good nutrition, and periodic check-ups and cleanings that are the foundation of excellent dental health. Preventive dentistry may not be where we start with every patient, but it's where we like to finish.

**The Cosmetic Dentistry** phase takes advantage of the latest materials and techniques that make a beautiful smile accessible to everyone. Because our restorative and preventive programs have been so successful, we now have the luxury of considering cosmetic treatment for gaps, chips, discolored and crooked teeth or otherwise less-than-perfect smiles. Cosmetics range from tooth colored fillings to full smile make-overs. This booklet gives you more information about what cosmetic dentistry could offer you. Please feel free to ask me about setting your goals for your smile

**Dental Implants, Sleep Apnea, Invisalign, TMJ Pain & Neuromuscular Dentistry**

**Dental Implants** - Many of our patients are happy to hear that they don't have to see a specialist to have dental implants placed. This includes dental implants to replace lost or broken teeth, mini dental implants to hold dentures in place, and implant retained bridges. Most of these implants can be place in just a couple visits and best of all, most dental insurance plans cover some of the dental implant costs.

**TMJ** and **Sleep Apnea** are very common in our society and treatments are continually improving. Using my neuromuscular dentistry background allows me to take a more conservative and natural approach to TMJ pain and Sleep Apnea. Using a muscle relaxing and repositioning method that has been in use for more than twenty years I find a more natural position for your jaw during the biting motion and sleeping position. I then build an

orthotic or Sleep Apnea appliance for you to wear, thus avoiding TMJ surgery and CPAP machines while minimizing or eliminating jaw pain, ear pain, neck pain and improving your REM sleep.

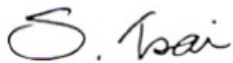
[invisalign](#) is a great way to straighten your teeth with clear, removable aligners and no metal braces. invisalign is great for adults and teenagers looking to straighten their teeth without the hassle of wires and brackets. Learn more about the cost of invisalign, how long invisalign takes and how nice your smile can be!

[Performance Mouthguards](#) - Many pro athletes started wearing performance enhancing mouthguards a couple of years ago and showed great results. The same mouthguards are now available for you, our patients. We work with the top sports guards on the market Armourbite by Under Armour®. Performance improving mouthguards for all sports: golf, basketball, tennis, running et.c

In this packet I have included more information about what we offer, directions to our office, and our new patient forms for you to fill out prior to your visit. Please mail, fax or e-mail them to us so that we can have your information ready before your arrival to our office. Our fax number is 650-475-7073.

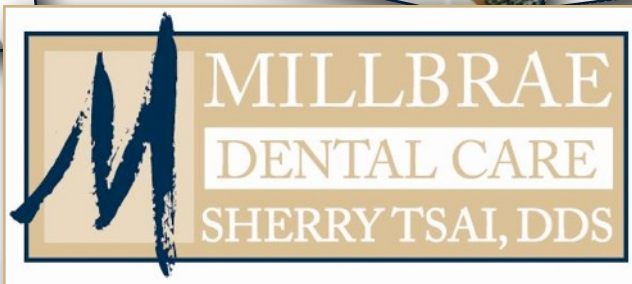
Again, welcome to our practice. We look forward to meeting with you.

Sincerely,

A handwritten signature in dark ink, appearing to read "S. Tsai". The signature is fluid and cursive, with the first letter "S" being large and prominent.

Dr. Sherry Tsai and team

# WELCOME TO OUR PRACTICE!



[www.millbraedental.com](http://www.millbraedental.com)

# Our Services

## *--Your Personal Health and Oral Hygiene Program--*

Our philosophy for your dental hygiene:

*Take care of your gums, teeth and general health and your smile will last a lifetime!*



Many people don't know that common gum conditions are proven to be associated with heart disease, diabetes, unhealthy pregnancies, and pancreatic cancer among other conditions. Also, vitamin deficiencies and anemia have been found to cause problems with oral health which can help detect these underlying conditions. Dr. Tsai and her team are trained to screen for these signs during your bi-annual cleanings and exams.

So not only are we keeping your gums and teeth beautiful and healthy, we are a great resource for promoting a healthy lifestyle. Please feel free to ask our team any health-related questions you may have, and we'll provide you a resource that can help.





# Our Services

## *Treating Sleep Apnea and Snoring without CPAP*



### *Simple Oral Appliance for OSA and Snoring*

Ever wake up feeling tired or feel sleepy all day? Do you snore or does someone tell you that you snore? Ever wonder if you suffer from Sleep Apnea? Don't worry, you're not alone. According to the National Sleep Foundation (NSF) over 90 million Americans have some form of snoring or obstructive sleep apnea (OSA) and over 40% of patients over the age of 40 snore almost every night. It has been estimated that over 18 million Americans have obstructive sleep apnea (OSA), most of which have never been diagnosed.

That means that 18 million people are walking around tired most of the day; even after they had a "great night of sleep." Over the past ten years there have been many advancements in treatment for obstructive sleep apnea and I'm proud to say that my team and I have helped hundreds of patients sleep better.



The most common treatment, the industry gold standard if you will, is a CPAP machine. A CPAP is a positive pressure mask that you wear over your mouth and nose while you sleep. While very effective at treating severe sleep apnea, most patients find it a bit invasive and uncomfortable. For those patients who are looking for an alternative to CPAP we offer sleep apnea oral appliances sometimes called MADs (Mandibular Advancing Device) or MRD (Mandibular Repositioning Device).

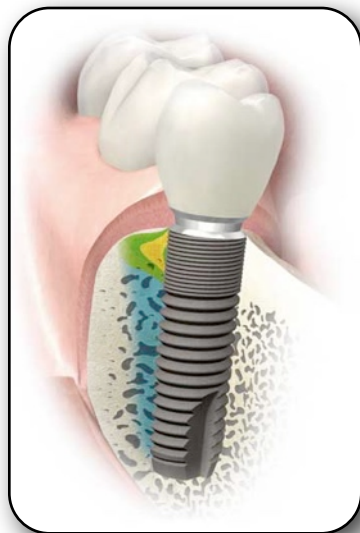
Have questions about Sleep Apnea or snoring? Take our free [on-line Apnea Self-Test here](#) or let us know during your next appointment.



# Our Services

## *-- Dental Implants & Implant Retained Dentures*

Many of my patients are surprised to learn you don't need to see a specialist to have a dental implant or mini implant placed. Dentists like me, who have gone on to take post graduate implant training, are able to place dental implants as well as mini implants right in our office.



This is great news to our patients since they can have their implants from start to finish in one office. Also, dental implant costs are significantly lower when placed by a dentist versus an oral surgeon; making dental implants a more affordable treatment. We can also offer lower cost bone grafts and extractions if needed. For more involved cases we work closely with a specialist.



# Our Services

## *--Replace Mercury Metal (Amalgam) Fillings--*



Dr. Tsai and her team are experts at restoring your existing mercury metal (amalgam) fillings with strong, safe, tooth colored ones. While there is no proven clinical evidence that amalgam fillings are detrimental to your health, many patients have opted to be proactive by replacing them before they are suspect (leaking, broken, etc.). Dr. Tsai can help you determine which fillings “need to be replaced” as well as which ones would have the most dramatic effect on your smile!





# Our Services

## --The Smile Make Over--



Dr. Tsai and her team will use the most advanced materials, techniques and dental tools to create the smile you've always dreamed of: your perfect smile!

You'll start your transformation by spending some time with Dr. Tsai and her team to determine what your personal goals are. She'll explore all options

from simple procedures to advanced smile make-over techniques - all focused on creating that comfortable, lasting, stunning smile that perfectly suits your individuality.

During your first visit with Dr. Tsai we'll take a series of high-resolution images to assist with the creation of a smile that is proportionate to the shape of your face, your bone structure, contour of your lips and the alignment of your nose and eyes. From these images we will use Smile Simulation software to project the results before any work is done. This way you and Dr. Tsai can discuss your specific likes and dislikes prior to any treatment.

After reviewing our smile selection guide (the twelve basic, beautiful smiles), you and Dr. Tsai will select a smile that fits your goal. From here Dr. Tsai will work closely with our LVI Certified lab to create your smile out of wax. Thus allowing you and Dr. Tsai to make any fine adjustments before you begin treatment. This accurate replica will allow you and Dr. Tsai to

tailor your new smile exactly to your individual tastes.

Finally, after preparing your natural teeth Dr. Tsai will work closely with one of the top labs in the world, using the latest ceramic technology and layering techniques, to create porcelain veneers and crowns with a gradual translucency that look exactly like natural teeth. The entire process usually takes under three weeks.

*Imagine having that beautiful  
stunning smile you've always  
wanted!*

### What can you expect from us?

Dr. Tsai and her team are committed to providing beautiful, exceptional dentistry using only highly trained labs, world-class materials, and the latest technology and techniques.



# Our Services

## -- Treating TMD / TMJ Pain with Neuromuscular Dentistry --



Jaw pain can be difficult to deal with. We've all had that occasional clicking or popping jaw sound that is, to say the least, alarming. We may even have had our jaw lock into an open or closed position for a brief moment. Now imagine living with the symptoms occurring every hour of every day. Unbearable!

This daily jaw pain and discomfort is what many of my patients endure as a result of malocclusion and TMD. TMJ pain is often diagnosed as TMD or Temporomandibular Joint Disorder and is historically treated with TMJ surgery and other extreme and invasive techniques. While these methods sometimes work, they are always invasive and costly.

At Millbrae Dental Care We treat TMD and TMJ pain very differently. Using neuromuscular dentistry I approach TMJ pain from a more conservative and natural direction. Using a muscle relaxing and repositioning method that has been in use for more than twenty years Dr. Tsai finds a more natural position for your jaw during the biting motion. She then builds an orthotic for you to wear, thus avoiding TMJ surgery and minimizing or eliminating jaw pain, ear pain, and neck pain.



# Our Services

*--A Brilliant White Smile!--*



## *Laser Whiten Your Smile!*

We believe a a stunning white, healthy smile is the key to confidence and success. As a result we have adopted the latest teeth whitening techniques.

For that ultimate white smile in an hour or so of your time we offer ZOOM! Laser Bleaching. We use ZOOM's latest laser and solution to maximize whitening and minimize sensitivity. The results are truly amazing!

## *Take-Home Bleaching Trays*

For those who are not in a rush to have that brilliant smile we offer take-home bleaching trays. After about two weeks of use --primarily in the evenings-- your smile will be stunningly white!



# Insurance Benefits & Financial Options



Many patients ask if insurance will cover all the services that Dr. Tsai offers. The simple answer is that your insurance should help you keep your smile healthy. Most insurance plans are geared towards preventative care such as cleanings, exams and x-rays. They typically provide minimal benefits towards restorative dentistry such as crowns and bridges etc. and even less towards cosmetic dentistry. Rest assured that we will do everything we can to maximize your insurance reimbursement - and minimize your out-of-pocket expense.

We can provide insurance claims for all PPO insurance carriers/plans. While we may not be directly contracted with all of them, we can assist you with the reimbursement process. Once you have paid for your services (on the service date) we will print out claim forms, give you an extra copy, and mail in the originals to the insurance company. Most of our patients receive their benefits check within a few weeks.

For those services not covered by insurance we offer a number of payment methods including interest-free payment plans. Please ask our team about all the options.

Dr. Tsai's approach to dental insurance is simple:

"I don't let the numerous insurance policies and their 'recommendations' get in the way of providing outstanding, excellent dentistry whether preventative, restorative or cosmetic. Dental insurance should be viewed as a form of financial assistance rather than something that dictates what you should or should not do with your smile."



# Payment Plans



Below are two companies we work closely with to assist you in financing your beautiful new smile! (including interest free options) All plans are provided by well established and reputable financial institutes such as GE Capital and Chase. Please do not hesitate to ask if you have any questions



- ☒ **NO Credit Check - instant approval**
- ☒ **Debit Card / Credit Card Monthly Payment**
- ☒ **5-15% Administration fee (non refundable) upfront**
- ☒ **Valid Drivers License or CA ID required**
- ☒ **Up to \$1,500 - \$5,000 and 24 Months allowed**

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**CareCredit®**

Phone: 800-859-9975

[www.carecredit.com](http://www.carecredit.com)

For reference here is our office contact information:

**Dr. Sherry Tsai**  
Millbrae Dental Care  
88 Capuchino Dr.  
Millbrae, CA 94030

[www.millbraedentalcare.com](http://www.millbraedentalcare.com)

## From Our Patients.....



*Charlene D., Burlingame*

Dr. Tsai and her team did beautiful work with the utmost professionalism, patience, and care. I am no longer self-conscious about my teeth and smile every chance I get!



*Michael D., CEO Mountain View*

Dr. Tsai listened carefully to my desire for a more professional and attractive smile. Her team made my dream a reality! Many thanks to you and your team!



*Mary V., Millbrae*

Thank you Dr. Tsai and team for your expertise. I am so proud of my Beautiful Smile!

# Contact Us & Directions

**Our office is located at:**

Millbrae Dental Care  
88 Capuchino Dr.  
Millbrae, CA 94030

**Our phone:** 650-583-5880

**Our web address:** [www.millbraedental.com](http://www.millbraedental.com)

**Our e-mail address:** [info@millbraedentalcare.com](mailto:info@millbraedentalcare.com)

**Directions to our office:**

**From 101:** -Exit Millbrae Avenue (exit is just south of SFO)

- Head west towards El Camino Real (away from airport).
- Turn Right onto El Camino Real (North).
- Approximately 1.5 miles (after Safeway, McDonalds etc.) you will see the sign for Capuchino Dr. (on left). Take the LEFT after the sign. (Kelly Moore Paint is on the corner)
- We are the second building on the right (behind the bank)
- Park anywhere along the street.
- Park anywhere along the street.

**From SamTrans:** Take the #390 or #391 bus - exit Capuchino Dr.