

Bizymoms Bolingbrook Interview featuring Dr. Rani Seeth

Q: Tell us about yourself and your practice.

A: I am a graduate of the University Of Illinois College Of Dentistry. I worked in a private practice for a few years before opening my own practice in Bolingbrook. I love to work with children and am involved in providing dental health education in local area schools as I believe education at an early age is the best form of prevention. I speak multiple languages including English and Hindi and live in Bolingbrook with my husband.

I have worked very hard in order to provide services in a state of the art office where the entire family is welcome. We have a team of highly trained and caring individuals to handle all your dental needs and are committed to making your dental experience comfortable and satisfying as well as educational. I try my best to keep up with the latest developments in my field through continuing education courses to continue to provide the best treatment available.

Q: Please explain the basic services you offer.

A: We offer a full array of dental services to help you maintain healthy teeth. Some of the services we offer are Bonding, Crowns and Bridges, Sealants, Root Canal Therapy, Extractions, Gum Treatment (non-surgical) and Dentures. We also provide cosmetic services, such as: Whitening, Cosmetic Fillings, Veneers and Implants!

Our goal is to begin with an Initial Oral Examination and X-rays in order to diagnose and offer treatment. We want to know what is important to the patient and work with them to create a treatment plan customized to and prioritizing each individual's needs.

Q: What types of Insurance do you accept?

A: We accept most PPO Insurance Plans and participate in many PPO Programs. We also accept Medicaid/All Kids for adults and children.

Q: What are your office hours?

A: Our office is open Monday – Friday from 10am – 7pm and Saturday from 9am – 2pm.

Q: What payment options do you offer?

A: Our office is pleased to offer Care Credit to our patients to allow a convenient way to make monthly payments*

*Available to those who qualify

*Application may be filled out at our location, online, or over the phone!

Instant Credit Available!

Cash, Checks and All Major Credit Cards Accepted!

Q: What is a Pediatric Dentist?

A: A pediatric dentist is a dentist that has had 2-3 years of additional specialized training after receiving their degree, to treat children only. Although we do not have a Pediatric Dentist in our office, we love children and treat them in our office once they have reached 2 years of age. We try our best to treat all children in our office, but some children may need to see a pediatric dentist due to the extent of treatment needed, age or if they have special health needs.

Q: What's the best toothpaste for my child?

A: We recommend children use toothpaste with no fluoride in it until they learn not to swallow any. Once they are older, we recommend regular use of fluoridated toothpaste to prevent cavities. Use a pea-sized amount of toothpaste and remember to use a toothbrush that has soft bristles.

Q: What is Fluoride?

A: Fluoride is a mineral used in dentistry that strengthens and hardens the enamel on the surface of your teeth in order to prevent cavities. Fluoride can be administered in 3 ways.

One way most of us receive fluoride is through our water system. The addition of fluoride to water is still supported by organizations such as the Centers for Disease Control and Prevention in the United States.

The second way fluoride is used is in our toothpaste. It is important to check the ingredients when purchasing your toothpaste to assure that fluoride is an ingredient, as not all toothpaste contains fluoride.

The third way fluoride is administered is by visiting your dentist! It may be in a foam or gel form and is applied to the teeth after a cleaning is performed. When fluoride is administered in the office, we always make our patients aware that they are not able to eat or drink within a 30 minute period after the fluoride is given in order for it to be effective.

Q: Why are primary teeth so important?

A: Because primary teeth are eventually replaced by permanent teeth, many people do not realize that primary teeth are very important for a child's long term dental health. Primary teeth serve as space maintainers and ensure that permanent teeth are properly aligned as they grow into the mouth. If the tooth is removed early on, the space for the permanent tooth will not be maintained and can lead to the

necessity of Orthodontic treatment (braces) in the future. Children need strong, healthy teeth to chew their food. Early tooth loss can make it hard for a child to eat properly, which can affect his or her overall health. Also, speech development can be affected by early tooth loss. All combined, this may affect a child's self-esteem as they become older.

Q: When do children get their permanent teeth?

A: Permanent teeth usually begin to emerge in the mouth around 6 years of age. Between the ages of 6 and 13, children will have a mix of primary and permanent teeth. Between the ages of 17 and 21, the four last adult teeth, named wisdom teeth, will appear.

Q: What causes decay?

A: Tooth decay is caused by the bacteria in your mouth. The bacteria in plaque survive by digesting the foods you eat. Candy, sweets and other foods like pasta, bread, cereals, milk, fruit, juices and sweetened drinks all break down into sugar, which turn into an acid that slowly dissolves the minerals in your enamel **and** eventually leads to tooth decay.

Avoid decay by cutting down on the sugary foods you eat, brush and floss after meals to remove the plaque on your teeth and in between your teeth, use a fluoride toothpaste and see your dentist for regular check-ups.

Q: How often should I get a dental check-up?

A: It is important to see your dentist every 6 months for routine exams and cleanings. Your dental health can change from month to month. Regular visits will help prevent and detect many dental conditions early on. The sooner we catch it, the easier it is to treat it!

