

1 **Salvador Gaytan:** Welcome to SmileTalk, an entertaining and informative dental talk
2 show, featuring the latest news and developments in dentistry. I'm
3 Salvador Gaytan and I'm here with Dr. John Chao, founder of
4 Alhambra Dental. How are you doing today Doctor?
5

6 **Dr. John Chao:** Just fine Salvador. I'm looking forward to having a very
7 interesting show.
8

9 **Salvador Gaytan:** Now, we're going to touch on some very interesting topics, but
10 you know, talking to you earlier, you promised the show would be
11 entertaining as well as informative. That's right, isn't it?
12

13 **Dr. John Chao:** Yes, it's going to be.
14

15 **Salvador Gaytan:** Okay, perfect, perfect.
16

17 **Dr. John Chao:** Stay tuned.
18

19 **Salvador Gaytan:** I love it. Okay, well, looking at your resume, it's quite impressive
20 and I'm not going to go into that right now, but people need to
21 know that you're a pioneer in the field, dealing with the latest in
22 dental techniques, and complicated cases.
23

24 There's a lot of things that people need to know today to be able to
25 take care of their teeth properly, isn't that right?
26

27 **Dr. John Chao:** That's exactly the reason for this show; it's that this is an
28 opportunity for me to disseminate the latest in dentistry, and how
29 these new developments can help the listener.
30

31 **Salvador Gaytan:** Okay, because people might not realize this, but when people don't
32 take care of their teeth, it really affects them in a lot of different
33 ways, doesn't it?
34

35 **Dr. John Chao:** Yes it does. The latest scientific developments have shown that it
36 affects the circulatory system. It's associated with cardiovascular
37 diseases and a whole bunch of other things if there is infection in
38 the mouth.
39

40 **Salvador Gaytan:** So, therefore it's very important for people to take care of their
41 teeth, to see their dentist regularly, because it affects their health,
42 their lifestyle, their happiness.
43

44 **Dr. John Chao:** Yes, having a healthy mouth means generally you're going to live
45 longer, and you're going to be healthier during the course of your
46 life, and of course having a wonderful smile means a lot of great

47 things to people socially and professionally, and in many ways it
48 enhances a person's self respect.
49

50 **Salvador Gaytan:** Now, we're going to get into why people have a hard time getting
51 to the dentist and taking care of some of these things, but you were
52 telling me something earlier about people -- famous people that
53 have worn dentures.
54

55 **Dr. John Chao:** Well, I think everybody knows that George Washington had
56 dentures. In fact, one or two of his dentures are actually in the
57 dental museum, but there is another very famous actress who
58 actually wore many dentures during a very active part of her acting
59 career. We'll keep that until later.
60

61 **Salvador Gaytan:** Okay, okay, you're going to tell us who that was. It's a very, very,
62 very famous child actress.
63

64 **Dr. John Chao:** Very, very famous, yes.
65

66 **Salvador Gaytan:** Okay, we're going to get to that. Now, why do so many people,
67 they just don't want to go at the dentist for different reasons, they
68 are anxious and so forth. What are some of the things that you can
69 do with the latest techniques that can make people feel more
70 comfortable with having procedures done?
71

72 **Dr. John Chao:** That's a great question Salvador. There are so many new ways of
73 doing dentistry, that does not inflict any kind of discomfort to the
74 patient, and if they knew all these developments, you'll make their
75 ability to go to the dentist a lot easier.
76

77 **Salvador Gaytan:** Okay, so I mean because people think about drills and pain and
78 this and so forth, but that's not the way it is today, is it?
79

80 **Dr. John Chao:** No, it's not. It hasn't been for a long time, and the people who
81 have that association, have had experiences which were many,
82 many years ago. It doesn't really happen nowadays. They just need
83 to know that it's not going to happen, especially in the context of
84 the latest in dentistry.
85

86 **Salvador Gaytan:** So, if someone goes to the dentist right now, and they need to have
87 cavities filled or whatever, and they need some anesthetic, what are
88 some of the painless ways or near painless ways that it can be
89 done, that won't cause people pain?
90

91 **Dr. John Chao:** Well, actually you asked about what kind of technique may be
92 used to get the teeth numb, but before I even answer that question,

93 many procedures now we do are so painless, it doesn't need any
94 anesthetic at all. It does not need any injection, and it could be
95 done.
96
97 So, if a person has negative associations of dentistry in terms of
98 discomfort, here are so many ways we can do dentistry for that
99 patient without any pain.
100
101 **Salvador Gaytan:** So doctor, what are some of the things that you can do when
102 people need procedures, that they don't need injections, or you can
103 use topical solutions, or what can you do for them?
104
105 **Dr. John Chao:** Well, there are a lot of procedures where we can actually use a
106 topical anesthesia, and topical anesthesia basically is a non-
107 injection procedure where anesthetic is applied in gel form or paste
108 form onto the gums. And that numbs up the gums to the point
109 where you can do the procedure without using Novocain at all.
110
111 **Salvador Gaytan:** So, in other words, you can do -- you can fill cavities or do other
112 things injection free?
113
114 **Dr. John Chao:** I can do cavities without any injection and without any gel even.
115
116 **Salvador Gaytan:** Really?
117
118 **Dr. John Chao:** It depends on what technology I want to use.
119
120 **Salvador Gaytan:** And you also mentioned there are other things that can be done.
121 People can take either a tranquilizer before the procedure or even
122 have nitrous oxide. Is that correct?
123
124 **Dr. John Chao:** Yes, a lot of times it's not the procedure that bothers the patient.
125 It's just the mental state of the patient is so agitated and so full of
126 anxiety, that if you got the anxiety to go down, they are going to be
127 fine.
128
129 And for that, we can typically use nitrous oxide, commonly called
130 the laughing gas, that can quiet down the anxiety to the point
131 where nothing with the procedure actually bothers the patient.
132
133 The other thing that we can use, and we use that sometimes, is
134 giving the patient a tranquilizer the night before or an hour or so
135 before the appointment. And that lowers the anxiety level to where
136 it becomes a very pleasant experience.
137

138 **Salvador Gaytan:** Because I know -- people may not know, but you are my dentist,
139 you've been my dentist for many years, and I have had only a
140 couple of cavities, I'm proud to say.
141
142 But when you've given me -- a couple of times you gave me an
143 injection, and I was pleasantly surprised that I felt nothing but a
144 slight pinching. Now, it was virtually pain free, how did you do
145 that?
146
147 **Dr. John Chao:** Well, there are certain techniques involved. One of the things we
148 do is to put some topical gel onto the gums, so that the needle does
149 not cause any discomfort at all.
150
151 **Salvador Gaytan:** Wow, okay.
152
153 **Dr. John Chao:** And there's another techniques that we'll go into later, that
154 actually makes the injection totally pain free.
155
156 **Salvador Gaytan:** And for anyone tuning into SmileTalk, I'm Salvador Gaytan. I'm
157 here with Dr. John Chao, founder of Alhambra Dental, and anyone
158 wanting to get in contact with Dr. John Chow, the phone number is
159 626-308-9104 and his website Alhambradental.com.
160
161 So doctor, a topic that a lot of people are really interested in these
162 days is improving their smile. And you've developed something;
163 you are a pioneer in something called the 48 hour smile makeover.
164 What exactly is that?
165
166 **Dr. John Chao:** That is the process where we, in quite a few instances, without the
167 need to give anesthetic, be able to refashion the smile with these
168 thin porcelain shells called Veneers. And these veneers can
169 actually be made by a computer using infrared or laser technology.
170
171 **Salvador Gaytan:** Now, you're telling me, you're going to be having a machine
172 called the CAD/CAM, which is one of the reasons why you can do
173 this so quickly.
174
175 **Dr. John Chao:** Yes, we can actually capture an image of the teeth, and
176 computerize a veneer or restoration from the image in the
177 computer, and have the computer carve out that veneer or
178 restoration in 20 minutes or so from a porcelain ingot.
179
180 And this then is cemented on, so we can actually do it in one
181 appointment, rather than involve the laboratory, and that would
182 sometimes take two or three weeks.
183

184 **Salvador Gaytan:** So, sometimes people can come in, and in some cases you're
185 saying that sometimes you can do veneers, complete them in two
186 to four hours. Is that right?
187
188 **Dr. John Chao:** That's right, that's right, and a lot of times we can do it without
189 injections, because we don't have to cut the tooth. In certain
190 places, if we have to trim the tooth a little bit, it's just on the
191 enamel, where there is no sensation at all.
192
193 **Salvador Gaytan:** I see.
194
195 **Dr. John Chao:** So, it could be done painlessly.
196
197 **Salvador Gaytan:** Wow, so and also with other procedures that go along with the 48
198 hour smile makeover, you do procedures with the gums and also
199 air abrasion?
200
201 **Dr. John Chao:** We can do veneers in 48 hours, where it's more involved and --
202 where it involves the technician. But we can do cavities with a new
203 technology called air abrasion. Air abrasion is the use of a gentle
204 stream of air that contains some mild abrasive, and under the
205 microscope, we can remove decay material, and not touch sound
206 tooth structure.
207
208 **Salvador Gaytan:** I see.
209
210 **Dr. John Chao:** Because when we don't touch sound tooth structure, then there's
211 no sensation and there is no pain. So, cavities could be cleaned out
212 without any drilling, and of course be filled without any sensation
213 at all.
214
215 **Salvador Gaytan:** And again, for anyone tuning into SmileTalk, I'm Salvador
216 Gaytan, here with Dr. John Chao, founder of Alhambra Dental.
217 And doctor, if people have questions for the next show, where can
218 they get in contact with you?
219
220 **Dr. John Chao:** You can call 626-308-9104 or go to Alhambradental.com to leave
221 your comments and questions.
222
223 **Salvador Gaytan:** Getting back to our question, there is one actress, child actress that
224 wore dentures that people don't know about, and who is that?
225
226 **Dr. John Chao:** That's Shirley Temple.
227
228 **Salvador Gaytan:** Shirley Temple, the child actress?
229

230 **Dr. John Chao:** Yeah, Shirley Temple, and later on she became a UN ambassador
231 as Shirley Temple Black. And when she was dancing her way
232 through the movies, she often would be missing teeth, because her
233 baby teeth would fall out.
234
235 **Salvador Gaytan:** Oh really?
236
237 **Dr. John Chao:** So, she required different sets of dentures with different teeth on
238 them, and so that she can always have a smile and have no gaps.
239 And a very nice, a very capable dentist took care of her, and his
240 name was Bill Wallace.
241
242 **Salvador Gaytan:** We are coming to the conclusion of our show. Now, we want to
243 talk a little bit about what the next show is going to be about. And I
244 have here -- after talking with you, we're going to talk a little bit
245 about snoring and sleep apnea.
246
247 And I don't think many people are aware that the dentist, you as a
248 dentist can actually help them with that. Is that right?
249
250 **Dr. John Chao:** Yes, that is one of the major ways that snoring and sleep apnea can
251 be treated nowadays.
252
253 **Salvador Gaytan:** Yes, interesting. And another topic we're going to talk about is
254 dentures, mini implants, because it's very important for people to
255 keep their teeth. There are some very interesting procedures, new
256 procedures that you have pioneered, isn't that right?
257
258 **Dr. John Chao:** I have helped develop certain techniques to stabilize existing
259 dentures with the use of mini implants.
260
261 **Salvador Gaytan:** Excellent. We're going to go into details on that in the next show.
262 Anyway, it's been a pleasure, doctor, having you on the show and
263 hearing what you had to say. You've created this show; you help
264 people and inform people, and keep it entertaining.
265
266 And for those of you with any questions for the next show, 626-
267 308-9104, or you can go to Alhambradental.com and log in your
268 questions for Dr. John Chao of Alhambra Dental, the friendly
269 dentist. Thank you, doctor.
270
271 **Dr. John Chao:** You're welcome, please tune in next week.
272
273 **Announcer:** You were listening to SmileTalk on 870 KRLA.
274
275 [The same show repeats again from 00:12:35 to 00:25:06]

276 [END OF AUDIO]