

# Dr. Marisa S. Fox, DMD

4700 So. 6<sup>th</sup> Street  
Klamath Falls, OR 97603  
Phone: (541)273-6100  
Fax: (541)273-6107

On behalf of Dr. Fox and the entire staff at our office, welcome! We look forward to serving your family's dental needs for many years to come. Our goal is to provide comprehensive dental care for all of our patients – we want your teeth and mouth to be healthy, pain free, and able to meet your esthetic and functional needs.

There are some things you can do now to start having a healthy mouth.

- **Brush and floss your teeth well every day.**
  - o Most oral diseases stem from bad bacteria or other pathogens in your mouth that have gotten out of control. Mechanically disrupting the places they accumulate in your mouth can be a great step in limiting the harm they can do.
- **If you smoke or use other tobacco containing products, stop.**
  - o Tobacco use is one of the biggest risk factors for the development and progression of periodontal disease. Periodontal disease is when the gums, bone, and other tissues surrounding your teeth break down and are permanently damaged. The ugly end result of unchecked periodontal disease is tooth loss.
  - o We understand that quitting smoking can be hard. If you are interested in quitting but are having a hard time, please talk with Dr. Fox or your dental hygienist - we may be able to help.
- **Limit how much sugar you have every day.**
  - o Dental cavities are caused by a specific type of bacteria that break down sugar and turn it into acid. This acid is what sits against your tooth and creates a hole, or what we call a "cavity". Limiting the total amount of sugar you consume each day, as well as the frequency of exposing your teeth to sugar are good ways to try and prevent getting new cavities.
  - o If you can't cut out sugar completely, try having it only at regular mealtimes. Frequent snacking or sipping on sugary beverages throughout the day can put you at an increased risk for developing cavities.

Please be courteous of our time and limitations. There are only so many hours in a day. We will do our best to see you in a timely manner for your urgent and routine dental needs. If you need to reschedule your appointments for any reason, please call the office with as much notice as possible so we may offer your reserved time slot to someone else.

**If you chronically miss appointments or fail to reschedule them without giving adequate notice (at least the previous business day), we may ask Cascade Health Alliance to have you reassigned to a different dentist.** Disrespectful language and behavior towards our staff will additionally not be tolerated.

Not every dentist is the right fit for every patient. If despite our best efforts you do not feel comfortable with Dr. Fox or our office for any reason, please contact Cascade Health Alliance to discuss your options for being transferred to a different dentist. Cascade Health Alliance gives you the right to have a say in who your dentist is and we will not be offended if you decide that this is not the best place for you. Alternatively, if you are happy with the service you receive here, positive reviews and feedback are always welcome and appreciated.

We look forward to getting to know you better. Again, welcome to the office!

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