

# THE COMPLETE GUIDE TO COMPREHENSIVE DENTISTRY

(AKA Whole-Health Dentistry)

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**DR. ALEX MCMILLAN: NORTHERN VIRGINIA'S  
PREMIER COMPREHENSIVE DENTIST**

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## **WHY COMPREHENSIVE?**

We are not mechanical beings in need of replaced parts. Humans are the most expressive of all living creatures because we are full of personality, emotions, experiences, memories and aspirations. Therefore, we cannot treat “parts” of you; we must treat “all of you”.

## **WHAT IS COMPREHENSIVE DENTISTRY?**

A **comprehensive or whole-health approach to dentistry** involves more than just your teeth; it involves taking into account how the health of your smile affects the rest of your body, along with everything about you and your unique personal characteristics.

*Comprehensive dentistry requires a dentist with thousands of hours of training and experience to be able to create a smile that harmonizes with your health goals & personal aspirations.*

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**Dr. McMillan has the following  
WORLD-CLASS SKILLS & TRAINING:**

- Certified Sedation Specialist
  - Dental Implant Specialist
  - Endodontics
  - Periodontist
  - General & Restorative Dentistry
  - Restorative Specialist
  - Family Dentist
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## **HOW DOES IT WORK?**

A comprehensive dentist will plan out an entire in-office treatment plan for you according to your needs. For the most part, you will not need to travel to a specialist. Dr. McMillan is trained to accommodate your needs right in our office.

### **TREATMENT PLANNING**

We start with a one-on-one evaluation of your oral health. We use a small, unobtrusive technology to take pictures of your smile and scan your teeth and gums. We will be able to show you the 3D digital images on a big screen.

- ✓ We go over what problems concern you.
- ✓ What you would like to see improved, fixed or removed.
- ✓ Specialty examination of each aspect and detail.
- ✓ Treatment plans and options are drafted according to your needs.
- ✓ We visualize a computer generated predicted result of your new smile.

## REBUILDING A HEALTHY FOUNDATION

Treatment methods vary depending on the complexity of your needs and goals. No matter what, there is always a solution. These could include simple crowns and fillings for minor chips and cracks or extractions, periodontal surgery to remove and heal your gums and smile.

## COSMETIC ENHANCEMENTS

This is where we really make you shine. Your options range from teeth whitening, porcelain crowns or veneers for a beautifully attractive shape and shimmer, to perfectly natural-looking implants and gum contouring performed with digital-age smile design technology.

## IS THIS KIND OF DENTISTRY RIGHT FOR ME?

Everyone deserves to be a candidate for comprehensive dentistry.

A comprehensive approach to dentistry not only corrects the most involved cases, but it also promotes healthy smiles for life.

- ✓ Extreme tooth loss from decay.
- ✓ Breakdown of tooth and gum tissue.
- ✓ Years of neglect and damage.
- ✓ Diseased and unattractive gums.
- ✓ Weakened or destroyed jawbone structure.
- ✓ Crooked and misaligned smiles.
- ✓ Excruciating pain when chewing .
- ✓ Overwhelming embarrassment when speaking.

## WHEN TO START?

Avoid hardships and bigger expenses by acting now, not later.

Waiting or avoidance only prolongs discomfort, as well as allows for further deterioration of dental conditions through continuation of decay, structural breakdown of teeth, as well as loss of bone structure from uncontrolled periodontal disease.

## OUR COMPREHENSIVE DENTIST'S PROMISE

Dr. McMillan will not bounce you around to different dental offices since he has everything we could ever need right here: the most advanced skills dentistry has to offer, state-of-the-art technology, pampering spa-comforts and safe sedation methods.

*“After 20 or so years of hiding their smile, chewing wrong and feeling embarrassed, some of my patients stare ecstatic at their new smiles with a tear or two of joy. This is why I chose to be a comprehensive dentist.”*

*– Dr. McMillan, your Cosmetic & Implant Dentist in Alexandria*

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## THERE'S A SOLUTION FOR EVERYONE—INCLUDING YOU.

At McMillan & Associates, we will make sure even the tiniest detail of your smile functions properly and harmonizes wonderfully with the best aspects of your facial features and your personality.

Learn more about our functionally comprehensive and beautifully cosmetic solutions.

**COMPREHENSIVE  
TREATMENTS**

Contact us to schedule your comprehensive consultation.

**SEND US  
A MESSAGE**

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