Welcome to Palo Alto Oral Health.

Your new patient packet

Dear Friend,

We are excited to welcome you to our practice and look forward to caring for you.

To serve you best, please send us your completed new patient paperwork, including the information we need to bill your insurance, at least 48 hours before your appointment.

This lets us verify your coverage in advance and shortens your time in the office. We bill any PPO dental plan for you. Because we are not in network with any insurance, we need this information 48 hours ahead so billing goes as smoothly as possible. That lets us focus on what matters most: your dental health.

If you are unable to provide this information within the 48 hour window, payment will be required at the time of your appointment. If your insurance later covers the service, we will promptly refund the amount to you.

Thank you for your understanding. We look forward to meeting you.

Warm regards,

Office of Dr. Shawn Sharma

PALO ALTO ORAL HEALTH

Completing this packet

1. Fill in the shaded fields on pages 2 to 5, then save a completed copy.
2. Sign on page 5 by typing your full name or using your PDF reader's signing tool.
3. Questions? Call or text us at (650) 321-9693.

Patient information

Please complete the following confidential information.

Patient

FULL NAME

TODAY'S DATE

BIRTH DATE

AGE

MARITAL STATUS

SOCIAL SECURITY #

ADDRESS

CITY

ZIP CODE

HOME PHONE

MOBILE PHONE

EMAIL

EMPLOYER

BUSINESS ADDRESS

BUSINESS CITY

PREVIOUS DENTIST

PREVIOUS DENTIST'S ADDRESS

Stanford athletes

Stanford athletes receive their dental care at Palo Alto Oral Health through our partnership with Stanford Athletics and Stanford Sports Medicine. After your insurance is billed, Stanford covers remaining costs related to athletic injuries.

Are you a Stanford athlete? ◯ Yes ◯ No

TRAINER OR COACH

SPORT

Spouse

SPOUSE'S NAME

EMPLOYER

POSITION

BUSINESS PHONE

EXT.

BUSINESS ADDRESS

CITY

Contacts and insurance

Who to call, who is responsible for the account and your dental coverage.

In case of emergency

CONTACT NAME

RELATIONSHIP TO PATIENT

PHONE

Account

PERSON RESPONSIBLE FOR THE ACCOUNT

RELATIONSHIP TO PATIENT

BILLING ADDRESS

How did you hear about us?

REFERRED BY, OR HOW YOU FOUND US

Dental insurance

Please enter the subscriber's information: the person who holds the dental plan.
Covered through a spouse, partner or parent? Use their name, birth date and ID, not yours.

Primary carrier

SUBSCRIBER NAME (POLICYHOLDER)

SUBSCRIBER BIRTH DATE

SUBSCRIBER ID OR SSN

INSURANCE CARRIER

CARRIER ADDRESS

CITY, STATE

GROUP #

SUBSCRIBER'S EMPLOYER

RELATIONSHIP TO PATIENT

Secondary carrier

SUBSCRIBER NAME (POLICYHOLDER)

SUBSCRIBER BIRTH DATE

SUBSCRIBER ID OR SSN

INSURANCE CARRIER

CARRIER ADDRESS

CITY, STATE

GROUP #

SUBSCRIBER'S EMPLOYER

RELATIONSHIP TO PATIENT

Medical history

Please answer each question.

1. Are you in good health? ◯ Yes ◯ No
2. Date of last physical exam
3. Have you ever been hospitalized? ◯ Yes ◯ No
4. Are you sensitive or allergic to any drugs? ◯ Yes ◯ No
5. Are you taking any drugs or medication? ◯ Yes ◯ No
6. Do you wear a cardiac pacemaker? ◯ Yes ◯ No
7. Have you had heart surgery? ◯ Yes ◯ No
8. Are you now under the care of an M.D.? ◯ Yes ◯ No
9. Have you had any serious illness? ◯ Yes ◯ No
10. Blood pressure, if known

IF ALLERGIC, WHICH DRUGS?

IF TAKING MEDICATION, WHICH ONES?

Conditions

11. Do you have, or have you had, any of the following? Check all that apply.

- ☐ Rheumatic fever
- ☐ Blood diseases
- ☐ Hepatitis, jaundice or liver disease
- ☐ Respiratory disease
- ☐ Tuberculosis
- ☐ Nervous disorders
- ☐ Diabetes
- ☐ Excessive bleeding
- ☐ Blood transfusion
- ☐ Use tobacco products
- ☐ Heart ailments
- ☐ Heart murmur, mitral valve prolapse
- ☐ High blood pressure
- ☐ Kidney disease
- ☐ Tumors or growths
- ☐ Radiation treatment of any kind
- ☐ Allergies
- ☐ Asthma or hay fever
- ☐ Artificial joints, implants
- ☐ Osteoporosis medications
- ☐ Fainting spells or seizures
- ☐ Sinus trouble
- ☐ Rheumatism or arthritis
- ☐ Head injuries
- ☐ Stomach ulcers
- ☐ Venereal diseases
- ☐ Epilepsy
- ☐ Stroke
- ☐ HIV/AIDS
- ☐ Latex allergy

Are you pregnant? ◯ Yes ◯ No If yes, how many months?

Physician

PHYSICIAN'S NAME

PHONE

ADDRESS

Dental history and consent

Please answer each question, then sign below.

1. Time since your last dental visit

2. Have you ever been treated for periodontal disease? ◯ Yes ◯ No

3. Have you ever had complications from an extraction? ◯ Yes ◯ No

4. Do you have popping or clicking near your ear when you chew? ◯ Yes ◯ No

5. Do you grind your teeth? ◯ Yes ◯ No

6. Do your gums bleed when you brush? ◯ Yes ◯ No

7. Do you have sores, blisters or swelling on your gums, lips or cheeks? ◯ Yes ◯ No

8. Have you ever had orthodontic treatment? ◯ Yes ◯ No

9. LAST FULL MOUTH X RAYS

WHERE WERE THEY TAKEN?

HIPAA consent

I certify that the medical and dental information I have provided is complete and accurate. I authorize Palo Alto Oral Health, its dentists, and clinical staff to obtain any necessary diagnostic aids (including radiographs, photographs, and study models) and to perform all recommended examinations, treatments, and medications in accordance with their professional judgment. I also authorize the disclosure of my medical and dental information as needed for purposes of coordinating and managing my care, billing and collecting payment from third party payers, and conducting quality-assessment activities. I understand that Palo Alto Oral Health is not contracted with any dental insurance plans and will submit claims to my insurance as a courtesy on my behalf. I understand that I may revoke this authorization in writing at any time and that my treatment is not conditional on signing this form.

SIGNATURE

DATE

Type your full name in the signature field or use your PDF reader's signing tool.

Our office policies

Please read before your first visit.

- Our office requires a 48 hour courtesy cancellation notice, except for unusual circumstances and illness.
- If you are using dental insurance, we will file a claim on your behalf. Please check with your plan to confirm your coverage, as we are out of network and cannot guarantee reimbursement.
- Dr. Sharma does not prescribe narcotics for pain relief.
- Notes for work or school are provided on request.

Required by California law

The Dental Materials Fact Sheet from the Dental Board of California follows on the next pages. Please read it before your visit.

Dental Materials – Advantages & Disadvantages

PORCELAIN FUSED TO METAL

This type of porcelain is a glass-like material that is "enameled" on top of metal shells. It is tooth-colored and is used for crowns and fixed bridges

Advantages

- Good resistance to further decay if the restoration fits well
- Very durable, due to metal substructure
- The material does not cause tooth sensitivity
- Resists leakage because it can be shaped for a very accurate fit

Disadvantages

- More tooth must be removed (than for porcelain) for the metal substructure
- Higher cost because it requires at least two office visits and laboratory services

GOLD ALLOY

Gold alloy is a gold-colored mixture of gold, copper, and other metals and is used mainly for crowns and fixed bridges and some partial denture frameworks

Advantages

- Good resistance to further decay if the restoration fits well
- Excellent durability; does not fracture under stress
- Does not corrode in the mouth
- Minimal amount of tooth needs to be removed
- Wears well; does not cause excessive wear to opposing teeth
- Resists leakage because it can be shaped for a very accurate fit

Disadvantages

- Is not tooth colored; alloy is yellow
- Conducts heat and cold; may irritate sensitive teeth
- High cost; requires at least two office visits and laboratory services

DENTAL BOARD OF CALIFORNIA
2005 Evergreen Street, Suite 1550, Sacramento, CA 9
www.dbc.ca.gov

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The Facts About Fillings

Reprinted in 2019

The Facts About Fillings



DENTAL BOARD OF CALIFORNIA
2005 Evergreen Street, Suite 1550, Sacramento, CA
www.dbc.ca.gov

Dental Materials Fact Sheet

What About the Safety of Filling Materials?

Patient health and the safety of dental treatments are the primary goals of California's dental professionals and the Dental Board of California. The purpose of this fact sheet is to provide you with information concerning the risks and benefits of all the dental materials used in the restoration (filling) of teeth.

The Dental Board of California is required by law* to make this dental materials fact sheet available to every licensed dentist in the state of California. Your dentist, in turn, must provide this fact sheet to every new patient and all patients of record only once before beginning any dental filling procedure.

As the patient or parent/guardian, you are strongly encouraged to discuss with your dentist the facts presented concerning the filling materials being considered for your particular treatment.

** Business and Professions Code 1648.10-1648.20*

Allergic Reactions to Dental Materials

Components in dental fillings may have side effects or cause allergic reactions, just like other materials we may come in contact with in our daily lives. The risks of such reactions are very low for all types of filling materials. Such reactions can be caused by specific components of the filling materials such as mercury, nickel, chromium, and/or beryllium alloys. Usually, an allergy will reveal itself as a skin rash and is easily reversed when the individual is not in contact with the material.

There are no documented cases of allergic reactions to composite resin, glass ionomer, resin ionomer, or porcelain. However, there have been rare allergic responses reported with dental amalgam, porcelain fused to metal, gold alloys, and nickel or cobalt-chrome alloys.

If you suffer from allergies, discuss these potential problems with your dentist before a filling material is chosen.

PORCELAIN (CERAMIC)

Porcelain is a glass-like material formed into fillings or crowns using models of the prepared teeth. The material is tooth-colored and is used in inlays, veneers, crowns and fixed bridges.

Advantages

- Very little tooth needs to be removed for use as a veneer; more tooth needs to be removed for a crown because its strength is related to its bulk (size)
- Good resistance to further decay if the restoration fits well
- Is resistant to surface wear but can cause some wear on opposing teeth
- Resists leakage because it can be shaped for a very accurate fit
- The material does not cause tooth sensitivity

Disadvantages

- Material is brittle and can break under biting forces
- May not be recommended for molar teeth
- Higher cost because it requires at least two office visits and laboratory services

NICKEL OR COBALT-CHROME ALLOYS

Nickel or cobalt-chrome alloys are mixtures of nickel and chromium. They are a dark silver metal color and are used for crowns and fixed bridges and most partial denture frameworks.

Advantages

- Good resistance to further decay if the restoration fits well
- Excellent durability; does not fracture under stress
- Does not corrode in the mouth
- Minimal amount of tooth needs to be removed
- Resists leakage because it can be shaped for a very accurate fit

Disadvantages

- Is not tooth colored; alloy is a dark silver metal color
- Conducts heat and cold; may irritate sensitive teeth
- Can be abrasive to opposing teeth
- High cost; requires at least two office visits and laboratory services
- Slightly higher wear to opposing teeth

GLASS IONOMER CEMENT

Glass ionomer cement is a self-hardening mixture of glass and organic acid. It is tooth-colored and varies in translucency. Glass ionomer is usually used for small fillings, cementing metal and porcelain/metal crowns, liners, and temporary restorations.

Advantages

- Reasonably good esthetics
- May provide some help against decay because it releases fluoride
- Minimal amount of tooth needs to be removed and it bonds well to both the enamel and the dentin beneath the enamel
- Material has low incidence of producing tooth sensitivity
- Usually completed in one dental visit

Disadvantages

- Cost is very similar to composite resin (which costs more than amalgam)
- Limited use because it is not recommended for biting surfaces in permanent teeth
- As it ages, this material may become rough and could increase the accumulation of plaque and chance of periodontal disease
- Does not wear well; tends to crack over time and can be dislodged

RESIN-IONOMER CEMENT

Resin ionomer cement is a mixture of glass and resin polymer and organic acid that hardens with exposure to a blue light used in the dental office. It is tooth colored but more translucent than glass ionomer cement. It is most often used for small fillings, cementing metal and porcelain metal crowns and liners.

Advantages

- Very good esthetics
- May provide some help against decay because it releases fluoride
- Minimal amount of tooth needs to be removed and it bonds well to both the enamel and the dentin beneath the enamel
- Good for non-biting surfaces
- May be used for short-term primary teeth restorations
- May hold up better than glass ionomer but not as well as composite
- Good resistance to leakage
- Material has low incidence of producing tooth sensitivity
- Usually completed in one dental visit

Disadvantages

- Cost is very similar to composite resin (which costs more than amalgam)
- Limited use because it is not recommended to restore the biting surfaces of adults
- Wears faster than composite and amalgam

Toxicity of Dental Materials

Dental Amalgam

Mercury in its elemental form is on the State of California's Proposition 65 list of chemicals known to the state to cause reproductive toxicity. Mercury may harm the developing brain of a child or fetus.

Dental amalgam is created by mixing elemental mercury (43-54%) and an alloy powder (46-57%) composed mainly of silver, tin, and copper. This has caused discussion about the risks of mercury in dental amalgam. Such mercury is emitted in minute amounts as vapor. Some concerns have been raised regarding possible toxicity. Scientific research continues on the safety of dental amalgam. According to the Centers for Disease Control and Prevention, there is scant evidence that the health of the vast majority of people with amalgam is compromised.

The Food and Drug Administration (FDA) and other public health organizations have investigated the safety of amalgam used in dental fillings. The conclusion: no valid scientific evidence has shown that amalgams cause harm to patients with dental restorations, except in rare cases of allergy. The World Health Organization reached a similar conclusion stating, "Amalgam restorations are safe and cost effective."

A diversity of opinions exists regarding the safety of dental amalgams. Questions have been raised about its safety in pregnant women, children, and diabetics. However, scientific evidence and research literature in peer-reviewed scientific journals suggest that otherwise healthy women, children, and diabetics are not at an increased risk from dental amalgams in their mouths. The FDA places no restrictions on the use of dental amalgam.

Composite Resin

Some Composite Resins include Crystalline Silica, which is on the State of California's Proposition 65 list of chemicals known to the state to cause cancer.

It is always a good idea to discuss any dental treatment thoroughly with your dentist.

DENTAL AMALGAM FILLINGS

Dental amalgam is a self-hardening mixture of silver-tin-copper alloy powder and liquid mercury and is sometimes referred to as silver fillings because of its color. It is often used as a filling material and replacement for broken teeth.

Advantages

- Durable; long lasting
- Wears well; holds up well to the forces of biting
- Relatively inexpensive
- Generally completed in one visit
- Self-sealing; minimal-to-no shrinkage and resists leakage
- Resistance to further decay is high, but can be difficult to find in early stages
- Frequency of repair and replacement is low

Disadvantages

- Refer to "What About the Safety of Filling Materials"
- Gray colored, not tooth colored
- May darken as it corrodes; may stain teeth over time
- Requires removal of some healthy tooth
- In larger amalgam fillings, the remaining tooth may weaken and fracture
- Because metal can conduct hot and cold temperatures, there may be a temporary sensitivity to hot and cold.
- Contact with other metals may cause occasional, minute electrical flow

The durability of any dental restoration is influenced not only by the material it is made from but also by the dentist's technique when placing the restoration. Other factors include the supporting materials used in the procedure and the patient's cooperation during the procedure. The length of time a restoration will last is dependent upon your dental hygiene, home care, and diet and chewing habits.

COMPOSITE RESIN FILLINGS

Composite fillings are a mixture of powdered glass and plastic resin, sometimes referred to as white, plastic, or tooth-colored fillings. It is used for fillings, inlays, veneers, partial and complete crowns, or to repair portions of broken teeth.

Advantages

- Strong and durable
- Tooth colored
- Single visit for fillings
- Resists breaking
- Maximum amount of tooth preserved
- Small risk of leakage if bonded only to enamel
- Does not corrode
- Generally holds up well to the forces of biting depending on product used
- Resistance to further decay is moderate and easy to find
- Frequency of repair or replacement is low to moderate

Disadvantages

- Refer to "*What About the Safety of Filling Materials*"
- Moderate occurrence of tooth sensitivity; sensitive to dentist's method of application
- Costs more than dental amalgam
- Material shrinks when hardened and could lead to further decay and/or temperature sensitivity
- Requires more than one visit for inlays, veneers, and crowns
- May wear faster than dental enamel
- May leak over time when bonded beneath the layer of enamel

