



Karen Williamson, DDS

Dr. Karen Williamson's dental practice has been shaped through the years mostly by her willingness to learn from her awesome patients. Their ideas, desires, and feedback have brought about most of the unique changes in how she provides excellent dental care to this community.

ONE-VISIT CROWNS, CEREC

The ability to treat a broken tooth in one visit is unparalleled. A tooth can now be crowned the same day with CEREC technology - no acrylic temporary, no renumbing or second appointment to receive your lab crown - most crowns are custom made in the office. Dr. Williamson designs the crowns herself. "A patient calls us with a broken, sharp-edged, molar...comes in that same day...and leaves a few hours later with their molar restored. It's just phenomenal," states Dr. Williamson. Less time off work, less stress, less visits...it's a win-win.

BIOCLEAR METHOD FOR RESTORING TEETH

Patients wanted a front tooth restoration method that didn't involve removing more tooth structure. Dr. Williamson chose the Bioclear Method to close spaces (black triangles), make small teeth larger, add length to teeth, and even restore large broken areas on front teeth. She is one of the few-advanced Tier 3 Bioclear certified dentists in Texas. "The problem with crowning or veneering broken teeth is that often tooth structure needs to be removed in order to make that successful. Bioclear can often be utilized to add to teeth instead of subtracting," states Dr. Williamson. "This method is now being taught in eight dental schools around the country." Dr. Williamson had her own two lower front teeth treated by Dr. David Clark, the inventor of Bioclear. "It's important to not just talk about procedures we can do, but have treatment myself and treat my own team members with the same procedures our patients are having done." Patients are thrilled when they have an event to go to and their broken front tooth can be restored in one visit. Bioclear provides a conservative, beautiful, and single-visit way to restore teeth.

COVERING EXPOSED ROOTS, PINHOLE SURGERY METHOD

Dr. Williamson is most excited about Pinhole Gum Rejuvenation; a technique that covers exposed tooth roots in lieu of using tissue from the palate or cadaver tissue. A patient was so opposed to these traditional methods that Dr. Williamson decided to train with and become certified by Dr. John Chau (the inventor of the Pinhole technique) so this patient could have the desired outcome with a much less invasive approach. Pinhole surgery benefits in several key ways. Smiles are aesthetically improved in that the gums cover the tooth roots as they are supposed to, and it restores a more youthful smile with the right tooth to gum proportions. Also, the gums can once again protect against infection and inflammation entering the bloodstream. Lastly, many patients experience extreme cold sensitivity when drinking and eating with exposed roots until they have their Pinhole



PHOTOS BY MICHELLE THURGOOD PHOTOGRAPHY

procedure. Visit PinholeSurgicalTechnique.com for more information.

LASERS - FOR GUM DISEASE TREATMENTS

Dr. Williamson's hygienists are all certified in laser therapy treatments for gum disease—the biggest benefit is a reduction of the bacteria that cause bleeding and inflammation. There are so many benefits to a healthy, infection-free mouth—especially because so many medical connections exist between bacteria in the mouth and diabetes, heart issues, and a host of other medical problems; the most important thing Dr. Williamson feels that she can do for her patients is to help them gain optimal gum health. "Brushing and flossing alone will not cure gum disease - a disease of bacteria must require that bacteria to be reduced for success - the laser is a perfect way to do that," states Dr. Williamson. And the best part for patients is that the laser is typically pain-free. Visit Fotona.com/en/products/2024/lightwalker-line.

SNORING AND BREATHING-DISORDERED SLEEP TREATMENT AND NIGHTLASE

Patients wanted CPAP alternatives for the treatment of sleep apnea and snoring. The entire office is trained to recognize sleep apnea warning signs in the mouth: acid reflux, grinding and clenching the teeth are just a few of the signs. A great alternative to CPAP is a dental appliance called a mandibular advancement splint. These appliances gently move the lower jaw forward at night to allow a more open airway. Patients love

the simplicity of these appliances, and spouses love the "silent" nights with reduced snoring sounds. It is also much easier to travel with a dental appliance.

Another tremendous advancement is to treat snoring with a procedure called Nightlase. Soft tissue at the back of the throat is laser bio-stimulated for 3-4 sessions, which tightens the tissue by collagen growth, which in turn enlarges the airway and reduces snoring! An annual follow-up treatment maintains the tightened tissue.

MAKING A DIFFERENCE

Dr. Williamson and her team love giving back through Smiles for Life, a nationwide charity that enables dentists to help children in the U.S. and internationally while also giving locally to the charity of their choice. "Each year, we offer professional whitening with all donated proceeds going directly to charity. Half goes to Smiles for Life to help seriously ill, disabled, and underprivileged children, and half goes locally to PATRIOT PAWS, who train and provide service dogs to disabled veterans with mobile disabilities and PTSD. Our patients get gorgeous white teeth while helping two very worthy charities." Visit SmilesForLife.org/what-is-smiles-for-life and PatriotPaws.org.

"Our patients teach us to communicate better, have deeper relationships with them and their families, and how to have fun. Laughter is the best medicine and you can hear laughter daily in the office

as we joyfully do life with our patients." Visit KarenWilliamsonDDS.com to find out more about this dynamic dental practice.

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