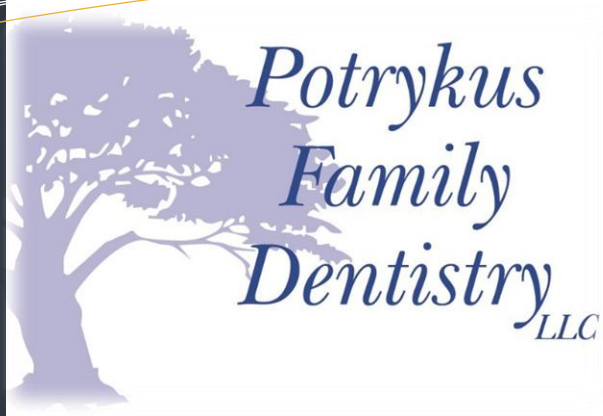
ISSUE
01
March
2026

Dental Times



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Solutions for Dental Expenses

Thinking about purchasing dental "insurance" because your employer doesn't offer that benefit or because you recently retired?

Dentistry can be expensive, but we strongly recommend that you do your research first.

Most private party dental packages are not all they claim to be.

Premiums for private plans can vary widely from yearly max benefits, copays and waiting periods. An individual can't negotiate coverage levels like an employer is able to.

Individuals select a plan they HOPE will work for them.

Here at Potrykus Family Dentistry we're happy to sit down with you one on one to discuss your individual needs, review potential plans and help you make informed decisions.

In many cases, patients find that our in-house discount plan is far more beneficial than commercial "insurance" plans.

Welcome!

Welcome to Potrykus Family Dentistry!

Many of you may be long-term patients of the dental office and some of you may just be starting your dental health journey with us. No matter what, we wouldn't be here today without each and every one of you!

Potrykus Family Dentistry has been working with patients to provide the best dental care for patients in the Eagle River location since 1984 and the seasonal Three Lakes location since 2012.

Dr Jason Potrykus & Dr Neal Potrykus' experience in dentistry coupled with genuine concern for their patients. Our entire staff is dedicated to your comfort and prompt attention as well. Our goal is to keep your teeth healthy and your smile bright.

We believe informed patients are better prepared to make the best decisions about their health and wellbeing when they have the support and knowledge behind the dentistry to help understand why treatments are needed or recommended. That's why we're introducing the Dental Times, to share information, industry changes/updates or just some fun dental facts to educate and bring a smile to your face.

Our entire staff is here to answer your questions in a relaxed and caring atmosphere.

Drs Jason & Neal Potrykus

Katie, Catherine, Franny, Jacque, Sarah, Crystal, Sally, Jazmine, Amy, Sherri, Julia

Potrykus Family Dentistry LLC

Eagle River Location
213 N Railroad Street
Eagle River, WI 54521
(715) 479-4686
Monday-Friday

Three Lakes Location
1858 Superior Street
Three Lakes, WI 54562
*Tuesday & Wednesday ONLY
April – November

conactus@potrykusfamilydentistry.com

MEET THE STAFF

Jason J Potrykus

DDS, MADIA, DICOI & Owner

I love to make people smile. Its as simple as that. The challenge of helping people reach their dental goals and find solutions to their dental health concerns.

Growing up right here in the Northwoods in a dental family makes me appreciate the community and nuances that come from living here.

While I enjoy all dentistry, my love is dental surgery. I have extensive training in implants, earning my Masters in Implant Surgery in 2010 and taking between 25 & 50 hrs of continuing education each year.

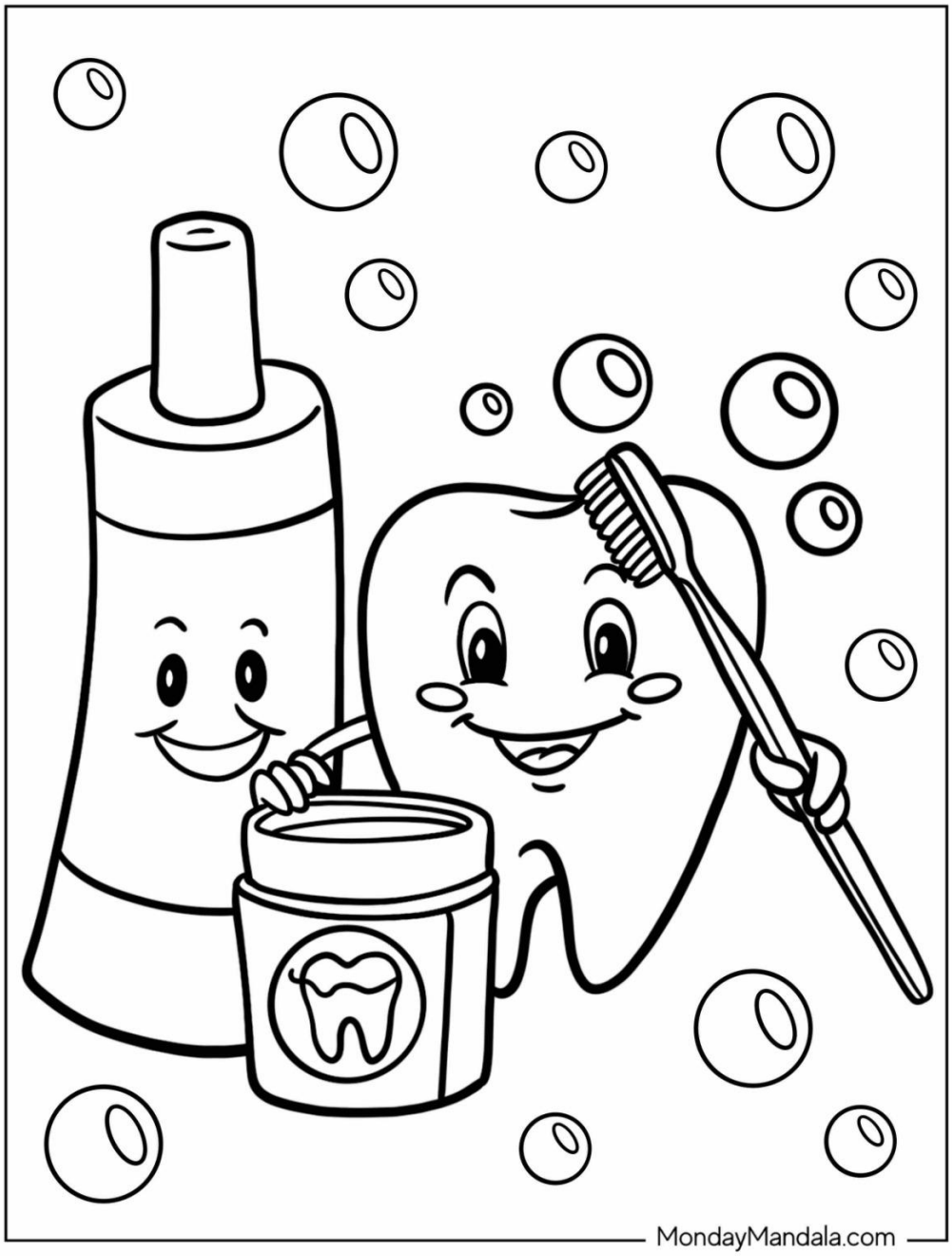
I am blessed to be raising my family in the same community that helped raise me. My beautiful wife Ashley also works in healthcare; recently completing her advanced nursing degree as a nurse practitioner.

When I'm not at the office, I enjoy spending time with my family and friends. My 3 sons and I enjoy martial arts classes together and I really love watching them, as well as our nieces and nephews, in their various sports activities throughout the year. I am also an avid endurance bicyclist and enjoy the challenge of "century" rides. I also love traveling and photography.

February was Childrens Dental Health Month

February may have officially been Children's Dental Health Month but dental education never ends in the dental office! Our dental hygiene team is made up of some pretty amazing ladies who go above and beyond to help guide and educate ALL our patients in proper oral care.

Starting in March we are going to be starting our Children's No Cavity Club. When your child (14 and under) comes in for their routine cleaning & check-up, if they are cavity free they will be eligible to enter their name into our monthly drawing for a free electric toothbrush.



Did you know…

Historical tidbits: In 200 AD, Romans used a mixture of crushed bones and shells to clean their teeth.

The first toothbrush was made in China in 1498 – the bristles were made from hogs, horses and badgers. The first commercial dental floss was made in 1882.

25% of adults DON'T brush their teeth twice a day – increasing their risk of developing tooth decay by 33%

Contagious: cavities can be contagious, as the bacteria that cause them can be transferred through kissing or sharing utensils.

Americans spend $100 billion a year on hair care products, and only $2 billion a year on dental care products

Giraffes have black tongues and only bottom teeth

Contrary to popular belief, George Washington's famous dentures weren't wood. His dentures were crafted from gold, ivory, lead, and a mixture of human, donkey, and hippopotamus teeth.

This Month's Q&A

Q: Dental xrays; Why are they necessary?

A: **Dental xrays are necessary to diagnose hidden oral health issues not visible during a standard exam, such as decay between the teeth, infections in the bone, abscesses, cysts and tumors (yes, we really have detected oral cancer in patients of our practice with the help of these images). They allow dentists to view the entire tooth structure, including roots and monitor jawbone health, aiding in early detection that prevents more severe, costly and painful dental problems.. Dental xrays are safe and use** Low levels of radiation; with digital technology today reducing exposure by up to 80%+ compared to older methods. While often taken annually, the frequency depends on individual risk factors, such as a history of cavities or existing periodontal disease.

Bitewing, periapical and CBCT are all xrays commonly taken in our practice to help create/maintain your dental records and monitor for changes in your oral health as well as plan for implant supported restorations.

EYE ON IT

Current Industry Trends

One of the biggest trend changes you will see in our dental office this year – no more goopy impression material! In many treatment options for crowns, mouth guards and cosmetic orthodontic services we can now do digital scans. There are of course exceptions, and sometime those goopy impressions just cant be avoided but in the vast majority of cases that phase of treatment has just gotten easier.

SOFTWARE

Same Day Crowns

We offer same day CEREC crowns for most of our posterior (back) teeth restorations.

Zirconia CEREC crowns are superior in strength, making them ideal for high-pressure molars and grinding. While CEREC provides convenience, they also offer greater longevity vs traditional porcelain and metal-based crowns. CEREC crowns are generally done in 2 hour dental visits vs multiple appointments with traditional crowns.

Upcoming Events & Notices

- **March 16-20, 2026 “Spring Break”**

  Dr Neal & Dr Jason will be out of the office during this time. Hygiene will be available by appointment only and our general business hours may vary pending scheduled dental appointments.

- **We will be hosting our monthly FREE Learning Event!**

  March 21, 2026 from 10am – Noon at our Three Lakes office location.
  1858 Superior Street Three Lakes
  *Stop in to a very relaxed (open house style) atmosphere to learn about dental implants or other restoration options we offer. No appointment or registration required.

- **Eagle River & Three Lakes Community Calendar**

  https://eagleriver.org/events/month/2026-
  https://www.threelakes.com/events/events-this-weekend/

Have a dental question or a topic you’d like to know more about? Send us an email and we’ll try to cover your question in an upcoming Dental Times. jacque@potrykusfamilydentistry.com

For a free dental implant, treatment plan or financial consultation* please call:
-Dental concerns for you, a family member or friend? We’re here to answer those dental questions-

Treatment & Financial Coordinator - Jacque Deditz
(715) 891-4873
jacque@potrykusfamilydentistry.com

*Consultation: is a meeting with dentist &/or treatment coordinator to discuss your health goals, assess specific concerns (like missing teeth, misalignment, restoration goals, payment options, insurance questions), review your history and create a personalized treatment &/or financial plan to help you make informed decisions about your care. These are generally not immediate treatment sessions, but if services are rendered additional fees may apply.