If you want a straighter smile but don’t want to wear traditional braces, our team has a solution that could help. Our dentist and team can use [Invisalign](https://www.invisalign.com/)® clear aligners to discreetly straighten your teeth, improving the function and aesthetic of your smile. Call Kanawha Valley Dental Group at 304-722-2906 to set up a consultation. During your consultation for Invisalign aligners in St. Albans, West Virginia, Dr. Craig Spicer will determine if you are a good candidate for this treatment.

Invisalign® aligners are a great choice for patients who are searching for a more discreet orthodontic treatment option for straightening their smile. Rather than using metal brackets and wires like traditional braces, the Invisalign system uses a series of custom-made, computer-generated plastic aligners to straighten teeth. Each set of aligners is designed to make small changes to the alignment of the teeth. As you switch sets of aligners about every two weeks, your teeth will gradually and gently move to their proper positions. You will also visit our office on a regular basis during treatment to make certain that your smile is progressing as planned.

In general, Invisalign aligners can be used to treat the same orthodontic issues that are normally treated with braces. Our dentist may recommend Invisalign treatment to correct:

* Crowded teeth
* Crooked teeth
* Gapped and spaced teeth
* Certain problems with the bite, such as an overbite, open bite, underbite or crossbite

During your initial visit, we will determine whether you are a good candidate for Invisalign treatment. This treatment is often a good choice for adult patients and others who are interested in a virtually invisible orthodontic treatment. In addition to being discreet, Invisalign aligners are very comfortable because they are custom made from smooth, thin plastic. The aligners are removable as well, which allows you to easily remove them as needed to eat, brush and floss. We welcome you to call or visit us today to learn more about Invisalign clear aligners.

*Invisalign and the Invisalign logo, among others, are trademarks of Align Technology, Inc., and are registered in the U.S. and other countries.*

Hide cosmetic imperfections in your smile by getting Lumineers® in St. Albans, West Virginia. Our dentist, Dr. Craig Spicer, can work with you to help you smile more confidently with this simple treatment. If you are interested in getting Lumineers, call Kanawha Valley Dental Group at 304-722-2906.

Lumineers® are a special type of ultra-thin dental veneer. Lumineers are uniquely designed to mimic the natural appearance of your tooth enamel and can be bonded to the surface of your teeth without grinding down any of your original tooth structure. Not only does this preserve your teeth, but it also makes the bonding procedure much more comfortable for you.

When you receive Lumineers, you will need to plan for two visits to our office. During the first visit, our dentist will take a mold of your teeth and consult with you to determine the correct shade of white for your Lumineers. This mold will then be sent to the DenMat Lab, where all Lumineers are created.

After your Lumineers have been created and sent to our office, you will return for your second appointment, when our dentist will carefully and painlessly bond your Lumineers to your teeth. This process will take about an hour. You should not experience any sensitivity following the placement of your Lumineers — they are designed to feel comfortable and natural from the moment they are placed on your teeth. Your Lumineers can last for up to 20 years.

Contact our office today to schedule your consultation with our skilled dentist and learn more about how Lumineers can enhance your smile!

Give your smile an immediate cosmetic boost by getting a teeth whitening treatment in St. Albans, West Virginia. Our dentist, Dr. Craig Spicer, will help you get professional results that will have you excited to show off your smile. Schedule an appointment with Kanawha Valley Dental Group today by calling 304-722-2906.

Teeth whitening is a simple, effective cosmetic dental treatment that we offer to noticeably enhance your smile in as little as one treatment. Our professional teeth whitening treatments utilize a powerful yet safe whitening gel that is applied to the surface of your teeth. This gel works to lighten the appearance of stains, discoloration and yellowing on the tooth enamel. Teeth whitening is often available in both in-office and take-home systems. Professional teeth whitening can give you a noticeably whiter smile that will boost your self-esteem and help you smile with pride.

If you have ever wished that your smile were whiter and brighter, teeth whitening might be right for you. Through professional teeth whitening, we can lighten staining and discoloration caused by various factors, such as:

* The natural aging process
* Poor dental hygiene habits
* Consumption of certain drinks and foods, including tea, wine, coffee and soda
* Smoking and other forms of tobacco use
* Illness
* Certain medications
* Fluorosis

Our dentist will work with you to determine the right type of treatment and treatment length to achieve the smile aesthetic you desire. To learn more about professional teeth whitening and to set up your consultation at our office, please call us today.

At Kanawha Valley Dental Group, we believe in utilizing the best in analytic tools. When you meet with our dentist, Dr. Craig Spicer, or a member of our team, we may use low-radiation digital X-rays to assess your smile and create treatment plans. If you have any questions about getting a digital X-ray in St. Albans, West Virginia, call our office at 304-722-2906.

Digital X-rays are one of the advanced diagnostic tools we use to provide you with the best possible care. Digital radiography has changed the way we take dental X-rays by making the process faster, more comfortable and more convenient than ever before. Digital X-rays use a digital sensor to take images of your teeth, unlike traditional X-rays that use film. Digital X-rays use significantly less radiation than conventional film X-rays and require the use of no chemicals for developing the images. Our dentist can then instantly view the high-quality images on monitors right in the treatment room to provide you with efficient, accurate diagnoses and care. Our team is able to use digital radiography to identify and diagnose several types of dental problems, such as:

* Decay in between teeth
* Developmental abnormalities
* Improper tooth root positioning
* Cysts and abscesses
* Fractures in existing fillings
* Tumors
* Infection in the tooth nerves
* Bone loss

Digital dental X-rays are used to plan many kinds of dental treatment, such as oral surgery procedures, root canal treatment, dental implants, orthodontics and more. To learn more about digital radiography and how we use X-rays at our office, we welcome you to call or visit us soon.

You deserve a precise and comfortable dental appointment. When you come to Kanawha Valley Dental Group, you will see what a difference our tools can make. One of the tools we utilize is a dental laser in St. Albans, West Virginia. Laser dentistry allows our dentist and team to approach each procedure with precision. If you are interested in learning more about how Dr. Craig Spicer may use this tool, call our office at 304-722-2906. Our team looks forward to caring for your smile.

Laser dentistry involves the use of lasers to complete dental treatments more comfortably, quickly and effectively. At our dental practice, we are dedicated to always providing you with the best possible dental care. Our dentist and team continuously update their education and our office to provide you with a more pleasant and efficient dental visit. We are proud to offer laser dental treatment to ensure that your dental experience is comfortable and positive.

Lasers can be used for a number of dental treatments. During your visit, our dentist may recommend laser dentistry to:

* Treat periodontal disease by removing bacteria and infected tissue
* Cure (harden) a dental filling
* Remove the decayed or damaged portion of a tooth
* Treat cold sores and canker sores
* Speed up teeth whitening
* Recontour the gumline

There are many benefits of laser dentistry. Many treatments completed with a dental laser are very comfortable and may not require the use of anesthetic. Dental lasers also shorten treatment time and healing time and decrease the risk of infection following treatment. In addition, lasers minimize bleeding both during and after treatment, and because they are very precise, we are able to treat the targeted area without affecting nearby healthy tissues. To learn more about the advantages of laser dentistry, we invite you to call or visit us today.

During your appointment at Kanawha Valley Dental Group, our dentist and team check for signs of dental damage and decay. During those assessments, we check the teeth for signs of bruxism, which refers to the grinding and clenching of teeth. Should Dr. Craig Spicer see signs of this condition, we may recommend that you begin getting a bruxism treatment in St. Albans, West Virginia. If you have any questions about getting this treatment, please speak with one of our team members at 304-722-2906.

Bruxism is the grinding and clenching of teeth. It can occur at any time, though it is more common at night while you are asleep. Bruxism is one of the largest contributing factors to tooth damage but is often misdiagnosed or undiagnosed due to the fact that it is one of several potential causes of tooth wear.

When untreated, bruxism can cause many oral health problems that affect your smile and your overall health and quality of life, including:

* Broken, chipped and worn teeth
* Broken dentures or other oral appliances
* Headaches and migraines
* Earaches and ear ringing
* Sore jaw joints (leading or contributing to TMJ disorders)
* Tension and pain in the head, neck and shoulder muscles
* Pain and tightness in jaw muscles

There are several treatments available to help alleviate your bruxism and help you stop grinding your teeth, ranging from relaxation exercises to oral appliances such as night guards and NTI-tss devices. When you visit our office, we will examine your mouth and determine which type of treatment will be most effective at managing your bruxism. Once your bruxism is under control, we will work with you to restore your smile to full beauty and health.

Dental Cleanings

Keep your smile healthy with a dental cleaning in St. Albans, West Virginia. These routine appointments at Kanawha Valley Dental Group are crucial to protect your smile and prevent the buildup of decay. Schedule your appointment with our dentist, Dr. Craig Spicer, at 304-722-2906. Our team is friendly and gentle and will help you have a great experience in our office.

Dental cleanings and exams are two of the most basic yet important preventive treatments we provide at our office. Each time you visit our dental practice for a checkup, we will provide a professional teeth cleaning and dental exam to help your smile stay healthy. During your cleaning and exam, our dental team will:

* Clean your teeth by removing any plaque or tartar (also called dental calculus), which can lead to tooth decay and periodontal disease
* Floss and polish your teeth for a healthy, bright smile
* Examine your smile for signs of any damaging dental conditions or diseases

We may utilize dental X-rays to further evaluate your smile and make certain that you receive the dental care you need. Regular dental cleanings and exams are essential in maintaining good oral health, preventing cavities and gum disease, and making sure that any damaging conditions are treated as early as possible.

We recommend that you visit us every six months for a routine dental cleaning and exam. We may suggest more frequent visits if needed, and we also encourage you to contact us if you suffer from a dental emergency, pain or injury. To schedule your next appointment, we invite you to contact us today. We look forward to caring for your smile!

# Dental Sealants

When you get dental sealants in St. Albans, West Virginia, you are taking the first step toward protecting your teeth from decay. Schedule an appointment with Dr. Craig Spicer at Kanawha Valley Dental Group by calling 304-722-2906. If you have any questions, please reach out to our dental office. Our dentist and team are more than happy to answer all of your questions.

A sealant is a preventive dental treatment that our dentist may recommend to protect patients’ teeth from decay. A dental sealant is made of a clear or tooth-colored resin material, which is painted onto the chewing surface of teeth. By blocking out the bacteria and food debris that lead to tooth decay, the sealant prevents decay and cavities. The dental sealant forms a smooth coating over the natural pits and grooves of the tooth surface, which also makes it easier to effectively clean teeth with normal brushing.

Dental sealants are most often recommended for children. They are frequently recommended for the permanent molars as soon as they come in, usually between the ages of 6 and 12 years. We may also recommend dental sealants for adult patients whose teeth are prone to decay or have not been restored or suffered from decay in the past. We can apply dental sealants in just one short, comfortable visit to our practice.

Sealants can be a powerful tool in preventing decay and keeping your smile healthy. To learn more about dental sealants and how our team can keep your smile in good health, we welcome you to call or visit our office today.

# Fluoride Treatment

Protect your smile from decay with a fluoride treatment in St. Albans, West Virginia. During your routine appointment at Kanawha Valley Dental Group, our dentist and team may recommend that you get this fast, safe treatment. Set up an appointment with Dr. Craig Spicer at 304-722-2906 today to get started.

Fluoride is a mineral that is naturally found in water and many foods. While you receive a certain amount of fluoride from your diet and from using toothpaste with fluoride, we may recommend fluoride treatment to further strengthen your teeth and prevent cavities.

Fluoride helps to strengthen your teeth and protect them from tooth decay. As you eat and drink throughout the day, bacteria, sugars and acids constantly attack and demineralize the enamel of your teeth. Fluoride works to remineralize tooth enamel, preventing tooth decay and cavities. In addition, fluoride can strengthen teeth as they develop to make sure they are strong and healthy. This makes fluoride very important for children as their teeth grow in.

Our dentist and team members may recommend professional fluoride treatment during your regular dental checkup. We may suggest further fluoride treatment if your teeth are prone to decay or if you are not receiving a sufficient amount of fluoride from other sources. Professional fluoride is available in the form of a gel, varnish or foam. Fluoride treatment is just one of the ways our team helps you keep your smile healthy for a lifetime. For more information about preventive dentistry and the benefits of fluoride, we welcome you to contact us today. We are eager to care for your smile!

# Night Guards

Protect your smile while you sleep. If you typically grind your teeth at night, our dentist, Dr. Craig Spicer, may recommend that you get fitted for a night guard in St. Albans, West Virginia. This comfortable oral appliance is made for your smile and can help keep your teeth in good condition. Call Kanawha Valley Dental Group at 304-722-2906 to set up your appointment.

A night guard is a special type of mouth guard that is used to treat bruxism, or teeth grinding and clenching. If our dentist or team suspect that you suffer from bruxism, we may recommend a night guard to protect your teeth from damage and prevent teeth grinding while you sleep. Many people who suffer from bruxism are unaware of the condition because it occurs while they sleep. Common signs of nighttime teeth clenching and grinding include:

* Chronic jaw pain, facial pain and ear pain
* Awakening with a tired or tight feeling in the jaw
* Frequent tension headaches and migraines
* Excessive tooth wear, leading to chipped, flattened, cracked or very worn teeth
* Extremely worn tooth enamel, exposing the inner layers of the tooth
* Indentations on the side of the tongue
* Increased tooth sensitivity

If you notice the signs of bruxism, you may benefit from a custom night guard. This night guard will be made to fit your smile comfortably and effectively, allowing you to sleep peacefully while protecting your teeth. We invite you to contact us today to learn more about night guards and how we can prevent the negative effects of teeth grinding. We are dedicated to providing the best possible care for your smile.

# Sleep Apnea Treatment

Start getting a good night of sleep. Our dentist, Dr. Craig Spicer, and our team offer sleep apnea treatments in St. Albans, West Virginia, to help you live a healthier life. When you come to Kanawha Valley Dental Group, we will determine if you would be a good candidate for the TAP® (Thornton Adjustable Positioner) appliance from Glidewell Laboratories. This oral appliance is a great option for keeping the airway open while you sleep so that you can sleep comfortably at night. If you have any questions about sleep apnea or our treatments, call our office at 304-722-2906.

Sleep apnea is a sleep disorder marked by interruptions and pauses in breathing during sleep. Obstructive sleep apnea is caused by obstructions in the airway, such as the tongue rolling back in the throat or collapsed tissues in the airway. Untreated sleep apnea can contribute to several serious health conditions, including heart disease, high blood pressure and liver problems.

Sleep apnea must be diagnosed by a sleep physician. We recommend that you talk to our dentist, as well as your physician, if you suffer from the symptoms of sleep apnea. Common signs of sleep apnea include:

* Extreme drowsiness during the day
* Personality changes and irritability
* Difficulty staying asleep
* Snoring
* Waking up with a very dry or sore throat
* Frequent morning headaches

Sleep apnea treatment may depend on the severity of the condition. If you suffer from mild to moderate obstructive sleep apnea, our dentist may recommend a simple oral appliance. The appliance works to treat obstructive sleep apnea by fitting over your teeth and keeping your airway open while you sleep. It can work by preventing the tongue from blocking the air passage or by holding your jaw in a position that prevents airway blockages during sleep. For more information on sleep apnea treatment, we welcome you to call or visit our dental practice today. We are committed to helping you improve your health!

# Sports Mouth Guards

Each year, there are thousands of individuals who experience dental damage while playing sports. If you want to avoid being part of those statistics, our dentist and team recommend that you wear a sports mouth guard. Dr. Craig Spicer can fit you for a sports mouth guard in St. Albans, West Virginia, at Kanawha Valley Dental Group. Schedule an appointment at 304-722-2906 to take the first step toward a protected smile.

Our dentist and team are dedicated to keeping your smile healthy and free from discomfort. To help us do this, we provide several types of mouth guards at our office. For our athletic patients, we often recommend a type of mouth guard called an athletic mouth guard or sports guard. Sports guards fit over your teeth while you play sports and participate in other athletic activities to protect your smile from injury. Sports guards are especially important for our patients who play high-contact sports such as wrestling, football, hockey and rugby; however, all types of athletes can benefit from an athletic mouth guard. Whether you play soccer, basketball or baseball, a sports guard can be a great way to protect your smile and keep it safe.

While a number of types of athletic mouth guards are available, a custom-made mouth guard is the most effective in protecting your smile. This type of mouth guard is designed to comfortably fit your smile and prevent dental injury, such as knocked out and chipped teeth. A sports guard can also help to prevent injury to the soft tissues of the mouth, including the tongue, lips, cheeks and gums.

We invite you to contact our office today to learn more about mouth guards and their benefits. We look forward to caring for your smile!

# Tooth Extractions

Although we try to restore teeth whenever possible, there are some instances where a tooth extraction is the best option. When you come to Kanawha Valley Dental Group, our dentist will analyze your smile to determine what the best treatment option is for you. If Dr. Craig Spicer determines that you would benefit from a tooth extraction in St. Albans, West Virginia, we will make sure you are comfortable and receive the highest level of care. Call 304-722-2906 to speak with one of our team members if you have any questions.

Tooth extraction is the removal of a tooth. While we strive to avoid the need to remove a tooth whenever possible, certain conditions may make tooth extraction the most effective option for returning your smile to good health and function. Following the tooth extraction, we are happy to provide you with one of our excellent tooth replacement treatments to restore your smile to optimal health, beauty and function.

Several conditions may necessitate tooth extraction. Among these are:

* Severe infection that has destroyed a significant portion of the tooth and supporting bone structure
* Serious decay that has damaged a tooth beyond repair, making a successful restoration impossible
* Crowding caused by too many teeth to properly fit in the mouth

Our dentist and team use great care and skill when performing a tooth extraction to ensure that your experience is as comfortable and painless as possible. We will also provide you with detailed post-treatment care instructions so that you can properly take care of your smile as it heals. For more information on tooth extraction and to schedule your personalized consultation at our friendly dental office, we invite you to call or visit us today. We are committed to improving your smile!

# Composite Dental Fillings

If you have a damaged smile, our dentist can restore your smile in a beautiful way. Dr. Craig Spicer uses composite dental fillings in St. Albans, West Virginia, to give you a healthier and more beautiful smile. Call Kanawha Valley Dental Group at 304-722-2906 to set up your appointment for this quick and effective treatment.

Traditionally, dental fillings have been made of silver amalgam. However, our dental office uses only composite, or tooth-colored, filling material. Our dentist and team have chosen to use composite filling materials in order to provide you with a more natural-looking result and to promote better long-term oral health. There are many benefits to composite fillings, including:

* Material that bonds to your tooth to provide more support for the tooth’s structural integrity
* Reduced risk of the treated tooth breaking or fracturing in the future
* Insulation from temperature changes caused by foods and beverages
* Better seals around the edges of the damaged area, increasing the tooth’s resistance to decay and leaks
* The ability to correct cavities that are too small for amalgam fillings to repair
* Fillings that can be repaired and replaced without being removed from the tooth
* No mercury or other metals are used, making the filling safer

When you receive a composite dental filling, our dentist will carefully select a filling that matches your natural tooth color to give you a more beautiful and healthier-looking smile. Fillings can usually be placed in a single appointment.

For more information about composite dental fillings and to make an appointment with our dentist, contact our office today.

# Dental Crowns and Bridges

Restore your smile with dental crowns and bridges in St. Albans, West Virginia. Depending on your smile needs, our dentist and team may recommend that you get this treatment at Kanawha Valley Dental Group. If Dr. Craig Spicer determines that you would benefit from a dental crown or bridge, we will make sure your restoration looks and feels comfortable and natural. Schedule your appointment at 304-722-2906 today.

Dental crowns and bridges are two of the most common treatments for replacing and restoring missing or damaged teeth. During your initial consultation at our office, our dentist will carefully examine your mouth to determine if these treatments are good options for you.

**Dental Crowns**

Dental crowns, or caps, are a treatment designed to restore the strength, functionality and appearance of teeth that have been broken or damaged by decay, disease or injury. Crowns are custom made to fit your smile and are bonded over your original tooth to cover it and prevent further damage. If you are replacing a missing tooth, your crown may be placed atop a dental implant. Your dental crown is intended to be a long-lasting solution for your oral health and smile.

**Dental Bridges**

Dental bridges are replacements for missing teeth. When you lose a tooth, your remaining teeth can shift out of position, causing you to develop a bad bite and making it more difficult for you to chew and speak normally. A dental bridge will literally “bridge” the gap in your smile to keep your teeth in the correct position, maintain a healthy bite and give you back a beautiful smile. Dental bridges are typically anchored in place by crowns attached to the teeth on either side of the prosthetic tooth but may also be supported by a dental implant.

If you have any questions about dental crowns and bridges or wish to schedule an appointment with our dentist, please call our office today.

# Dental Implants in St. Albans, WV

If you are missing teeth, it is time to find a permanent and reliable solution. At Kanawha Valley Dental Group, we offer dental implant restorations to replace missing teeth with beautiful, stable and long-lasting results. Call 304-722-2906 to set up a consultation with our dentist and team. During your consultation for dental implants in St. Albans, West Virginia, Dr. Craig Spicer will determine if you are a good candidate for dental implants. We look forward to caring for your smile.

Dental implants are lasting, stable tooth replacements that can be used to replace one missing tooth, several missing teeth or complete arches of teeth. The dental implant post, which is a screw made of titanium, is surgically placed in the jawbone at the site of the missing tooth. It replaces the missing tooth root and ensures that your dental restoration is stable. A period of healing is then often required to allow the bone to begin to bond with the biocompatible post.

Following this healing period, our dentist will place the dental implant restoration, or replacement tooth, which fits on top of the implant post. Depending on which teeth are missing and your personal dental needs, your implant restoration might be a dental crown, dental bridge, or a complete or partial denture. Each dental implant restoration is custom made to fit your smile comfortably and aesthetically.

Replacing a missing tooth can restore your smile to optimal health, function and appearance. A dental implant is a great option for restoring your smile because the implant is designed to look, function and feel just like your natural teeth, and with proper care, it can last a lifetime. For more information about the benefits of implant dentistry and to schedule your implant consultation, please call or visit us soon.

# Dentures

Get custom-made dentures in St. Albans, West Virginia, to restore your smile with beautiful results. Schedule an appointment with our dentist, Dr. Craig Spicer, to get started. During your appointment at Kanawha Valley Dental Group, we will measure your smile and discuss your smile goals so that we can create a restoration that fits your needs. If you have any questions, feel free to reach out to a member of our team at 304-722-2906.

Dentures are removable oral appliances used to replace multiple missing teeth. If you are missing some or all of your teeth, dentures might be just what you need to restore the function, beauty and health of your smile. There are two kinds of dentures: complete dentures and partial dentures.

* A complete denture is used to replace all of the teeth in a full dental arch. We may suggest a complete denture to replace all of the teeth in one or both arches depending on your individual needs. Our dentist may suggest using a denture adhesive for improved stability.
* A partial denture is used if you are missing multiple teeth but have natural teeth remaining. A partial denture often includes a thin framework or clasps that attach to the natural teeth for a secure fit.

Our dentist may recommend complete or partial dentures to restore your smile if you are missing multiple teeth; dentures can improve your ability to properly speak and eat, restore your natural facial volume, and enhance the overall beauty of your smile. Your dentures will be custom made to fit your smile comfortably, aesthetically and securely. We invite you to call or visit us soon to learn more about how dentures can improve your smile!

# Periodontal Maintenance

Did you know that there is a direct correlation between periodontal disease and the rest of your body? At Kanawha Valley Dental Group, we believe in treating the mouth-body relation with care and precision to help you live a healthier life. If you are struggling with periodontal disease, our dentist, Dr. Craig Spicer, may recommend that you get periodontal maintenance in St. Albans, West Virginia, to keep your mouth healthy. This treatment is effective at caring for your oral health and preventing the spread of periodontal disease. Call 304-722-2906 today to set up an appointment.

If your gums are tender, red or swollen, or if they bleed easily, you may suffer from periodontal disease. Periodontal disease, which is also known as gum disease, is a degenerative condition caused by bacteria in plaque, which accumulate on the teeth. When not treated, periodontal disease can result in the loss of teeth, gum tissue and bone. While gum disease is not curable, we can treat the condition and keep it under control to protect your oral health. Our dentist can provide periodontal maintenance to help treat periodontal disease and prevent the serious effects of the condition.

Periodontal maintenance involves visiting our office on a regular basis, typically once every three months, for a professional cleaning. These treatments include thorough cleanings both above and below the gumline, removing plaque, tartar (hardened plaque, also called dental calculus), and bacteria to prevent the condition from worsening. Periodontal maintenance is recommended every three months because when biofilm is not removed, the periodontal bacteria begin to flourish within three to 12 weeks. By providing a cleaning at 12 weeks (three months), we are able to remove these bacteria and keep the condition under control. To learn more about periodontal maintenance and how we can treat gum disease, we welcome you to call or visit our office today.

# Scaling and Root Planing

For patients struggling with periodontal disease, our dentist and team often recommend that the patient receive a scaling and root planing treatment in St. Albans, West Virginia, at our state-of-the-art dental office. This treatment at Kanawha Valley Dental Group is comfortable and effective at controlling periodontal disease. To schedule your appointment with Dr. Craig Spicer, call our office at 304-722-2906.

Scaling and root planing is one of the most common and effective treatments recommended for gum disease before it becomes severe. This deep cleaning treatment includes two main steps:

* **Scaling**: In scaling, we remove plaque and tartar (dental calculus) from the tooth surface.
* **Root Planing**: This step involves cleaning the roots of the teeth, smoothing them to remove bacterial toxins.

The goals of scaling and root planing are to remove bacteria, plaque and tartar, and to halt the progress of the disease. While most scaling and root planing treatments can be completed comfortably without an anesthetic, our dentist can offer several anesthetic and other comfort options to make certain that you feel at ease during your treatment. The scaling and root planing treatment may be split up into several appointments, in which we treat one section of the mouth at each appointment.

Scaling and root planing may be combined with other types of periodontal therapy, such as antibiotic treatment. For most patients, scaling and root planing is enough to prevent periodontal disease from progressing further. For more information about the benefits of scaling and root planing and to learn more about the other types of periodontal treatment we offer, please do not hesitate to contact our office.

PATIENT FORMS: Save time when meeting with our dentist in St. Albans, West Virginia. Before coming to Kanawha Valley Dental Group, you can complete your patient forms from the comfort and convenience of your own home. You can also fill out your forms on the go, as they are available for use on mobile devices, too. By completing your forms before meeting with Dr. Craig Spicer, you can make your visit faster so that you can get back to your busy day. If you have any questions, please call our office at 304-722-2906. A member of our team would be more than happy to assist you!

MEET THE DENTIST:

**Craig Spicer, DDS**

Dr. Spicer was raised in Huntington, West Virginia. He graduated from the [West Virginia University school of dentistry](http://dentistry.wvu.edu/) in 1984 after receiving his undergraduate degree from [Marshall University](https://www.marshall.edu/). He began practicing at [Kanawha Valley Dental](https://www.saintalbansdentist.com/) Group upon graduation in July of 1984.

Dr. Spicer is a member of the Kanawha Valley Dental Society, [West Virginia Dental Association](https://www.wvdental.org/) and [American Dental Association®](https://www.ada.org/). He continues to receive updated training in Invisalign® aligners, dental implants, laser dentistry and cosmetic techniques, including Lumineers.

He is married to his wife, Debbie, and together they have two sons, Jared and Chase. In his free time, he enjoys being with his family. He stays very active in his local community, having served on the Putnam County Board of Education for five terms since 1997 and staying active in his local church.

Our dentist and team are caring and friendly with a passion for dentistry. With years of experience, our team can help you achieve a healthier, more attractive smile that you will feel amazing in. When you come to Kanawha Valley Dental Group, you are more than just your smile. Dr. Craig Spicer and our team will always listen to your concerns before making decisions about your care because we value what you have to say. The care we provide will be personalized to your needs so that you can get a healthier smile you feel great about. If you have any questions about your upcoming dental appointment in St. Albans, West Virginia, call our office at 304-722-2906. We look forward to caring for your smile.