

Dr. J. Alec Helms Family & Cosmetic Dentistry

Frequently Asked Questions

What type of insurance do you accept?

We accept most major dental insurances such as:

- BCBS of Alabama
- Delta Dental
- Southland
- Ameritas
- Aetna
- Cigna
- MetLife
- Principal
- United Concordia
- Guardian

What can I expect from my first visit?

Typically, we perform a complete exam and thorough cleaning. We then tailor your treatment to your individual needs based on your health and the condition of your teeth. Dr. Helms will also discuss anything that requires your attention, so you're fully informed regarding your dentistry.

Do you take emergencies?

If you are an established patient of record, we'll see you for your emergency at any time. Let us know immediately if you suspect you have a dental problem. In this way, we can see you before your pain progresses.

Can you do professional teeth whitening for an entire wedding party?

Pictures last forever. If you have an upcoming event, we can help you look your best by removing stains and leaving nothing but a dazzling smile. We offer Kor Whitening Deep Bleaching for in-office teeth whitening and the Venus Smile System for our take-home option.

We invite the bride, groom, and the entire wedding party to have teeth whitening in our dental office. It is a fun thank-you gift for your wedding party. If you opt to do the take-home whitening system, it's a present they can enjoy for many years to come because their whitening trays are reusable for touch-ups. Contact us for more details.

Why should I have a dental crown instead of an extraction?

While a crown can feel like a big investment, it benefits your overall dental health and wellness. Making a dental crown that looks and fits well is a complex procedure. Dr. Alec Helms has created thousands of dental crowns for his patients with excellent results.

We go through extreme measures to save your tooth; it's not just about the one tooth in question. When we extract one tooth, it can be the beginning of a chain reaction. Your missing tooth allows the adjacent teeth to tip toward one another and lean toward the gap. This shift in your teeth creates problems with your bite and bone loss.

Why do I need professional dental cleaning?

Even if you have the most diligent of home care routines, you still need professional dental cleaning to maintain optimum dental health. Brushing and flossing twice daily won't remove plaque, tartar, and bacteria completely.

Additionally, your professional cleaning gives us an opportunity to look at your mouth tooth by tooth and make sure everything is healthy. If any cracks, decay, or infection presents itself, your hygienist will alert Dr. Helms so he can take a look and find a way to restore your health.