

Pretty Curious with Jonathan Van Ness & Dr. Stephanie Dumanian

JVN: Hey, curious people. I'm Jonathan Van Ness and welcome back to another episode of Pretty Curious. I hope your Monday's is gorgeous and if you're not listening to this, I hope it's is gorgeous to. Ok. Now, I want to be fully honest, this is a very safe space today. We're getting into all things dentistry. But if you didn't know dental issues like gum disease, tooth decay, gingivitis and teeth grinding are actually on the rise as of late and many of us know that suffering from dental issues can be more than uncomfortable, they can be painful and downright embarrassing. So what if you have a wedding or a prom or a photoshoot coming up? And you're just mortified about the state of your mouth? How are we supposed to actually improve our smile without harming our teeth? To talk all things, dental health, all things smiles. We're going to welcome to the show, a very special guest to the podcast, Doctor Stephanie Dumanian from renowned dental office Park Lex 60 to talk all things, dental health and tips for achieving a smile you can be proud of. But first, it's time to get ready with me.

How fucking major was Francis Hannan's episode of Pretty Curious? I went to Bergdorf's this weekend and I fucked up my checking account on La Mer so fucking bad because I wanted to get the gel cleanser that she was talking about because I got the phone cleanser and the foam cleanser. I got to be honest, it's really strong and it was kind of stripping me. So I got the gel cleanser. Francis was right. that gel cleanser by La Mer. She's pricey, but it is unparalleled, unmatched, so beautiful. It is like a foaming gel cleanser, but it's just like more gentle than the foaming cleanser of La Mer. Um, but it, and when I got home, they have this like they have this serum that's like in 100 ml jar. I really like it. It's this um just is like all over face serum and they have this once a year jar and I was like, oh, how much could that be? I didn't even look at the price. I got home. This fucking jar was \$1000. I really wanted to take it back but all sales are final. So I I'm gonna, I'm gonna, I'm gonna check on that next time. So if you're, if you're gonna buy La Mer, check the fucking prices because it's way more expensive than what you would think. And I just have to. So I'm gonna, I'm gonna let you guys know later if I think it was really worth it because I do think that this serum should last me like five months. Um, so if you take like 1000 divided by five, like \$200 a month for serum, it's outrageous. It's way too exp I, but I'll let you know if it like magically heals my fine lines because I do think that the Creme de La Mer does. You know I'm talking about a lot but this is what I was thinking about for some of these getting ready with me. Let's do luxury swaps. So it's like if you want Shu Uemura but you don't have 100 and 10 bucks for your shampoo and conditioner, like buy this instead. So we're gonna do that with gel cleansers today. So if you are not in the mood to spend such a shit ton of money on a gel cleanser, even if it's fabulous and smells amazing and is like really gorgeous and efficacious. I got a new one. It's the cleanser by Prequel. It retails for \$18. It is the talk of the town people are. I think Pattigonia talked about it. The girls are talking about it. So it's cleanser by Prequel. So look up Prequel, 18 bucks for a gel cleanser. It's a great price and I just love gel cleansers for makeup removal and it's especially as we get into fall and winter, my face gets drier. So I love a gel cleanser, uh especially for drier times. Of year, Patrick Ta's tall, gorgeous ass. He's got a choke hold on me with these blushes right now. All I want to do is contour and blush the fuck out of my face. I was talking about on Ask JVN earlier but I just didn't know that I was gonna get blush blindness at 37. I've, I've never really liked blush. I cannot get enough of this fucking blush at all. I love it so much. I can't stand it. So that's kind of what's

happening with me. Um, also just little shout out to Necessaire, I'm back in New York and I have like my big like ne like Necessaire uh stash here. It's so good but I actually don't want to do something uncustomary, Chris. I wanna ask you guys what is and we, we will have to ask us on social because I wanna get more responses. But I wanna ask you to just to put it in your ear. I'm looking for a body SPF. That is not a like isn't like a pool side SPF. I don't want one that's like banana boat or like that TikTok one that we were talking about earlier last year. I want like, I've been using Summer Fridays SPF on my arms, but that is expensive and I want to, I want like a affordable body SPF that's not giving pool preferably like kind of unscented or like a light scent. Um So that's my question to you guys. I will do. I, I'm thinking something like a, like an SPFF and like a Jergens or something. If there's like a cel with like an SP F-15, that's what I want to try. Um OK, let's get to our conversation with Doctor Stephanie Dumanian. This is her bio. Doctor Stephanie Dumanian experienced the transformative power of dentistry at a very young age when a dentist who thought outside of the box restored her smile by correcting a dental trauma. The self-confidence which resulted from this treatment changed her life and inspired her to help others. In early 2019, Doctor Dumanian became a partner at Park Lex 60 which boasts an all female office. Cool! She took over the practice shortly thereafter and built a loyal following by focusing on aesthetics and function to ensure that her patients can maintain a healthy and harmonious smile all the while conserving as much of their original teeth. Doctor Dumanian specializes in providing life like the nearest to her patients using smile design principles and utilizing the latest advancements in photography and digital technology. She subsequently works with a select group of master ceramists, true craftsmen to deliver aesthetic perfection. Dr Dumanian, welcome to the show!

DR. STEPHANIE DUMANIAN: I'm doing great. It's so great to be here with you.

JVN: Now just before we start recording, it's great. Um, just before we start recording, you did say just to clarify, I can call you Dr D?

DR. STEPHANIE DUMANIAN: Yes, please, all my patients. Call me Doctor D.

JVN: Ok, we love doctor D.

DR. STEPHANIE DUMANIAN: I mean, the full name is, Dumanian. I'm a proud Armenian woman –

JVN: Yes!

DR. STEPHANIE DUMANIAN: For brevity's sake, we call me Dr. D.

JVN: Well, I love you and thank you so much for coming today. We're so excited to learn all about two things. So we really haven't covered much dental on Pretty Curious. So normally we do this like rapid fire at the end of our episode, but I have just like a few little dental myths that I want to like rapid fire ask you at the top. Are you ready?

DR. STEPHANIE DUMANIAN: Ok. Does that mean I have to answer very quickly?

JVN: It doesn't have to be insanely fast, but like just a little bit. Are you ready? Ok. So obviously we're giving Halloween season right now does sugar slash candy actually cause cavities?

DR. STEPHANIE DUMANIAN: But in the right environment. So I guess that's not rapid fire anymore, but basically, you know, for, for bacteria that cause cavities to, to cause tooth

decay, they have to eat away your tooth. And so they need two things to feed them and it's sugar and an acidic environment. And so if they're not an environment where they can eat, they're not gonna cause cavities, but under those circumstances, they will. So I always say if you're gonna have your candy, have it in one shot, have a little water rinse and move on. Um but don't snack on it over multiple hours because you're not giving your saliva, a chance to fight those cavities.

JVN: Ok. That makes sense. Ok. I think so. I think I know the answer to this though. You should not floss your teeth if your gums are bleeding.

DR. STEPHANIE DUMANIAN: I want to know what you think.

JVN: I would say that you do need to floss your teeth even if the gums are bleeding because you just have gingivitis and they'll stop bleeding once your gums aren't like all brand new to flossing.

DR. STEPHANIE DUMANIAN: I'm really happy that you said that because I can't tell you how many patients come into my office. They go, my gums were bleeding. So I stopped flossing and then they got worse. So I stopped brushing and then I just stopped doing everything.

JVN: So I, I'm going to keep with these rapid fires and then I'll tell you, ok, mouth washing with alcohol will ruin the microbiome of the mouth. Like a Listerine alcohol.

DR. STEPHANIE DUMANIAN: It's not that high ABV that it's gonna cause any like huge lingering side effects, but it's a natural antiseptic and that's why it works.

JVN: So we're into like a Listerine or like a mouth rinse like this.

DR. STEPHANIE DUMANIAN: There's so many natural ones out there too if you want to go alcohol free. So there's lots of different options. But the alcohol is a natural antiseptic.

JVN: If, if someone's listening to this and like they haven't been to a dentist in X. You need to make an appointment today.

DR. STEPHANIE DUMANIAN: I mean, a year I would say once a year, at least.

JVN: So it's been a year since you've been to a dentist. You gotta go, we gotta get, we gotta get in there.

DR. STEPHANIE DUMANIAN: But hold on a moment. I mean, let's talk about our other routines. Like how often do you go? Like, you know, get your hair done, get your nails done. That kind of thing. Like a dental cleaning is not that expensive. So like, don't let you know, not having health insurance or dental insurance affect that decision because you know, we choose to spend on other things and this is our health. So I think once a year is a reasonable amount of time to expect. And at that visit, you know, your doctor will tell you if you need a more bespoke treatment plan or if once a year is fine, I certainly have patients in my office that are so meticulous with their oral health. They could totally get away with once a year.

JVN: What's like your favorite? Are you a Zoom queen? Are we across white strips queen? Are we like get your teeth molded with like a the thing and then put the bleach in there, like, do you like teeth whitening at all?

DR. STEPHANIE DUMANIAN: They're true. It's truthfully gonna work, but it's only gonna work to a certain point. So if your enamel is worn down, a whitening isn't gonna get you as white as you may have been getting before, which is probably what you're seeing. You know, with, with time we start to wear our enamel down, even just from eating and drinking, but also from normal tooth brushing and acidic things like that. So in terms of the whitening treatments out there, I would say they're all pretty comparable. It's just a question of how quickly do you want to whiten. In office whitening is gonna get you the quickest results and we do use Zoom in our office and a lot of times we'll include a take home kit so that you can whiten at home to kind of boost your results. But the truth of the matter is crest white strips work too. People complain about sensitivity and they're not as customizable. So there are certain parts of your tooth that maybe might not be covered by the strips you're not going to get as white. But if we're dealing with repeated whitening, that's not working, that's when we're kind of getting into the veneer conversation. And so if your teeth aren't responding to whitening, it's probably because there's a bigger issue going on and your enamel is pretty thin, we should probably cover that up and protect it. So we don't get into the inner layers of the tooth.

JVN: Interest. So I mean, to be fair, I haven't like really legit tried to like bleach my teeth since I was like 30. I'm not like into like repetitive ones, but I I kind of Zoom curious. Does it hurt really bad?

DR. STEPHANIE DUMANIAN: No, people get some sensitivity and it's normal to have some sensitive other things that we can do in office to combat that. Certainly Advil helps a fluoride varnish afterwards. Helps. Generally you'll feel sensitivity for a few hours. So it's nothing major and honestly just looking at you, I know you'd get great results. I think you'd be pretty happy with it.

JVN: What's the deal with fluoride? I feel like when I was growing up we were like doing the fluoride chews, we were like living for the fluoride, like the toothpaste and fuse of fluoride. Now, I feel like everyone's finally seen an article where it's like fluoride like wasn't as fierce as we thought it was. Is that true or are we still pro fluoride?

DR. STEPHANIE DUMANIAN: I, I mean, as a dental professional, I love fluoride. I can tell you when I see my patients go off fluoride, I see it in their x rays. I see cavities popping up. It's really scary to me. And so, you know, I think it works excellently and it's great to start from a young age, but we're even applying fluoride varnish in our office after cleanings in adults. It's the only thing we know out there that improves the micro hardness of enamel and it's really going to help to reverse the day to day acidic assault that your teeth are going to get.

JVN: So, ok, so we brought up the acidic alkaline thing a few times. I have a one of my old dental hygienists gave me this, like, alkalizing rinse to do, which I do feel like really took swelling out of my gums and it was like, it's really nice. Like I get it. Um, do some people just have like more acidic mouths than others or is it that, like, food also makes it more acidic?

DR. STEPHANIE DUMANIAN: Both we're dealing with both. So acid can, can affect your teeth in two ways. right? So one is on the way in and one is on the way out. A lot of people have heartburn, right? GERD, heartburn, flux, acid reflux. And so that acid is coming up in your mouth and it's affecting your teeth. And on the other hand, the foods that we eat can be very acidic lemons. Um you know, some of like wines, for example –

JVN: What about like red meat or like as is any sort of meat, like more acidic to the mouth?

DR. STEPHANIE DUMANIAN: I don't think it's particularly acidic. But after we do eat our saliva becomes acidic until it's buffered out.

JVN: Oh, what is buffered out mean?

DR. STEPHANIE DUMANIAN: So our saliva naturally has molecules in it that will basically now alkalinize your saliva.

JVN: So after we eat, what's the best way to like alkalinize our mouth?

DR. STEPHANIE DUMANIAN: Well, they say that dairy can be helpful, but I'm not going to have a glass of milk after my wine. Nuts can also be helpful. But you know, you're gonna do what you're gonna do. I would say the most important thing is you know, to make sure you're drinking enough water and hydrating and don't go ahead and brush your teeth immediately after a meal.

JVN: If you had to pick either a floss like a infant amount of floss or infinite amount of toothbrush and toothpaste on your desert island. Which one are you taking?

DR. STEPHANIE DUMANIAN: Toothbrush and toothpaste?

JVN: You are?

DR. STEPHANIE DUMANIAN: I am.

JVN: My old dentist told me floss and that's why I floss so much.

DR. STEPHANIE DUMANIAN: Oh my goodness. I mean, how many times have you flossed? And you can't get the schmutz off the front of your teeth?

JVN: I only care about the decaying flush between my teeth as much. Like I'm scared of decaying meat.

DR. STEPHANIE DUMANIAN: But it kind of, it compounds like when it's on there, it gets pushed down, it keep its pushed down, more, pushed down more.

JVN: Ohh.

DR. STEPHANIE DUMANIAN: It's a tough one.

JVN: So really, hopefully in our desert island you could just do both.

DR. STEPHANIE DUMANIAN: I mean, or you can just get creative and try to find a floss alternative, right?

JVN: Oh, yeah, that's true. Or even a I would just miss my floss. What about dental fear? Do you notice like people having dental anxiety or dental fear when they come in?

DR. STEPHANIE DUMANIAN: Of course. People are afraid of everything. I mean, it's legitimate to have a dental fear and usually it really, it stems from a negative experience or some childhood trauma, generally speaking.

JVN: Yeah, I just, you know, the part that I hate on my checkup is like, when you're getting, like, when they check for pockets and they're like, 2, 3, 2, I just, I'm holding my breath. I'm like, so scared. Like, because like, and then when I learned what that meant, I was like ahhh!

And now every time they do my pockets, I'm just like, literally waited on baited breath. Like, I'm just, like, so nervous.

DR. STEPHANIE DUMANIAN: But it's great that you're aware of that because I can't tell you, I've met people over the years who do. It doesn't bother them.

JVN: How big does your pocket have to be before your tooth falls out?

DR. STEPHANIE DUMANIAN: Oh, gosh.

JVN: Like twelve?

DR. STEPHANIE DUMANIAN: That's like a hard question. You know, it depends on the circumstances and where that pocket is and where the, the bone loss is and sometimes you can have pocketing just because your gums are really inflamed, but the bone underneath it hasn't gone down, right? So like we're dealing with different, different ways to measure this pocket, different reasons why this pocket could exist. But I generally say when you come to my office and we're reading out pocket numbers, a 1 to 3 is kind of like a green light. A four is kind of a yellow light and anything five or above is a red light for me. I'm like, that's generally —

JVN: Yeah, I've had 5's but I'm always in 1 to 3 now because I'm just like a flossing ass bitch.

DR. STEPHANIE DUMANIAN: So you're in a stable place, which is great and that's what we're looking for, we want stability in the mouth. We don't want to see bleeding because that tells us that there's a bigger issue going on and it can affect our systemic health.

JVN: Invisalign. My husband has Invisalign, good right?

DR. STEPHANIE DUMANIAN: Congrats, that's awesome.

JVN: Ok, good.

DR. STEPHANIE DUMANIAN: It works really well and we're using it a lot in patients, not just for aesthetics but to prevent gum disease. Because straighter teeth collect less schmutz and less harmful bacteria can hide in those nooks and crannies. You know, there are certain bacteria that like an anaerobic conditions. That means like with less oxygen. So imagine the teeth are less crowded, less oxygen is getting in there, less saliva is getting in there. And so that could affect your gums.

JVN: Crowding can?

DR. STEPHANIE DUMANIAN: Yeah, very much so.

JVN: Oh that makes so much sense. What about um cosmetic dentistry as far as Invisalign or braces and age? Like is there a too old or too young?

DR. STEPHANIE DUMANIAN: Um, you know, I don't really treat kids so I can't talk to too young —

JVN: Because you need your adult teeth, don't you, you can't be doing braces on like baby teeth.

DR. STEPHANIE DUMANIAN: But I think they do a lot of intercept orthodontics these days —

JVN: They do? What's that mean?

DR. STEPHANIE DUMANIAN: So like with the baby teeth, they'll try to like get some expansion if you have some of your adult teeth in. So that when the next adult teeth come in, there's enough room for it. So they're noticing that it's going to be crowded, they take care of that ahead of time.

JVN: Oh, that's smart.

DR. STEPHANIE DUMANIAN: But I've had, I've had a few patients in their eighties. Do Invisalign. I mean –

JVN: So it's never too late.

DR. STEPHANIE DUMANIAN: Absolutely not. It's something that's living longer. Why not? You should be happy with your smile. I always say. What story does your smile tell about you? Or what story do you want your smile to tell about you? Because there are a lot of people that are unhappy with the way their smile feels or looks.

JVN: Oh breath. So I drink so much coffee and I talk so much and I feel like sometimes my breath just gets like nasty. Um, and we all have those moments where we're like, oh my God is my breath not as cute as it could be. How can we keep our breath better for longer?

DR. STEPHANIE DUMANIAN: Well, making sure that your oral health is up to date is super important because a lot of times bacteria that cause gingivitis and periodontitis are what also cause bad breath.

JVN: Mmm.

DR. STEPHANIE DUMANIAN: And then also making sure that you're up to date with your medical doctor as well with your primary care physician. Because if you're having issues with acid reflux, you're gonna get bad breath from that too. So it could be a sign of GI issues, in fact, and then of course we know that certain foods just make you stinky. I mean garlic is a classic one. And so you know, having some fresh mint around having a mouth rinse is always helpful.

JVN: Yeah. Is there any gum that you don't like people chewing?

DR. STEPHANIE DUMANIAN: Gum with sugar in it?

JVN: Oh so sugar free better?

DR. STEPHANIE DUMANIAN: Yeah.

DR. STEPHANIE DUMANIAN: And a lot of sugar free gums have an additive called Xylitol. It's a sugar alternative and actually helps to prevent cavities.

JVN: Oh, that's interesting. Um, what's the difference between halitosis and bad breath?

DR. STEPHANIE DUMANIAN: They're basically synonymous. I'd say halitosis is the fancy version of bad breath, a fancy name for it.

JVN: So it's just like it's not like it's not like halitosis is like really fucking bad breath.

DR. STEPHANIE DUMANIAN: No, but that would be cool, right? It sounds like it.

JVN: I thought it was like like, do you ever have to diagnose someone with halitosis?

DR. STEPHANIE DUMANIAN: I mean –

JVN: Like bitch, you got halitosis.

DR. STEPHANIE DUMANIAN: I guess I've never really told people that usually will present and say I have really bad breath –

JVN: Ok, ok.

DR. STEPHANIE DUMANIAN: And I'll be like, oh it's because of X, Y, and Z.

JVN: So I did see this lady on TikTok and she said that like she said that there's this like first gum that could actually improve dental health. Is that one of the gums that must have that like xylitol in it?

DR. STEPHANIE DUMANIAN: It could be.

JVN: I wonder what that was. Interest. Ok. So I'm just going to say that that's what that was.

DR. STEPHANIE DUMANIAN: Generally speaking, you know, gum two fold with gum one, it's great. It promotes salivary flow and so we want more salivary flow because it helps protect your teeth and your gums. But from the other perspective, we know that a lot of people have TMJ issues and unfortunately, chewing gum can really aggravate that.

JVN: What is TMJ for fuck's sake?

DR. STEPHANIE DUMANIAN: I'm like, do you want the easy version or the hard?

JVN: I want the hard version.

DR. STEPHANIE DUMANIAN: Ok, so technically, it should be called a TMJ disorder because TMJ is basically the joint by your jaw. And so it's equivalent of saying like I have me.

JVN: Ohhh.

DR. STEPHANIE DUMANIAN: So it's just the name of the joint.

JVN: So what is, so does TMJ stand for anything?

DR. STEPHANIE DUMANIAN: Well so when people –

JVN: Ah, uh, is it Mastodon or something? That was that was an old, your me meta –

DR. STEPHANIE DUMANIAN: Masseter is what you're thinking about.

JVN: Masseter!

DR. STEPHANIE DUMANIAN: So TMJ stands for temporal mandibular joint and it's the actual joint name and so

JVN: Temporal mandibular joint.

DR. STEPHANIE DUMANIAN: This is a good trivia question. You're going to have to spell it out like supercalifragilisticexpialidocious.

JVN: Let's do it one more time.

DR. STEPHANIE DUMANIAN: Temporal –

JVN: Temporal! I'm writing down temp-po-ral.

DR. STEPHANIE DUMANIAN: Mandibular –

JVN: Yes.

DR. STEPHANIE DUMANIAN: Joint, temporomandibular joint.

JVN: Wow, I'm obsessed.

DR. STEPHANIE DUMANIAN: But people call it TMJ. But really what they have is a temporomandibular joint disorder.

JVN: Disorder. So like is there like 12 disorders or like just two or something?

DR. STEPHANIE DUMANIAN: There are a bunch of disorders but they fall under our own umbrella. And the main thing to consider is are you having a muscular issue because it's ATM J complex? It's a complex of things that are connected. Are you having a muscular issue or are you having an actual joint issue?

JVN: So it could either be with your muscle around your jaw or the actual joint itself.

DR. STEPHANIE DUMANIAN: Yeah, and for 80 to 90% of people it's just the muscle. So, a simple night guard can really help with that issue.

JVN: Is it grinding?

DR. STEPHANIE DUMANIAN: It's grinding for some people. It's clenching for others. It can be both and a lot of times it can have to do with your bite. Right. So, like, not to get too in the weeds –

JVN: No, I want to get in the weeds. We love that.

DR. STEPHANIE DUMANIAN: But like, I often tell people, like, you know, there are some people who have a lot of discomfort in their jaw and so it brings up the question about their bite and so many people have two different bites and as humans, we're super adaptive, right? But when we're not, we start to get pain. So where we want to close is our jaw bite, but sometimes the teeth get in the way and now we have a tooth bite and that tooth bite and that jaw bite are not in the same place.

JVN: Ohh.

DR. STEPHANIE DUMANIAN: So what has to happen? Our muscles take over and try to adapt us into a more comfortable position. But now these muscles are getting tired because they're overworked and they're fatigued. And that's when we're getting a lot of TMJ issues. And then not to mention that now the teeth are getting worn down and the bite's collapsing. And so you see people chipped and worn down teeth and they're getting a lot of these issues. So a lot of times in my office, we do veneers a bunch of times to really correct the bite. So we're restoring the bite to a comfortable place where the muscles can turn off and they're not going to continue to grind nearly as much.

JVN: When I was little. My mom like, took me to the dentist to get a mouth guard because I was like grinding my teeth in my sleep. And she said you could just like, hear it just as like grinding and like chomping in my sleep. And then I, I went through a small phase where I tried to sleep with this mouth guard, but it was just like, it would keep me awake. I would like it would, I just, it would wake up, you know, across the bedroom from me. Like I don't, I just never could keep it in my mouth. And so I don't know if I've grown out of it because like my teeth don't like, they're not worn down. Like I don't have like, and I don't, I don't think I have TMJ like it doesn't like hurt or anything. Um, but is that a thing where like you could have that and then it could go away or it's just like in moments of stress or something like a TMJ.

DR. STEPHANIE DUMANIAN: So it's generally for a lot of people, a chronic condition and then they may have an acute episode that brings them in. A lot of people don't realize they're grinding or clenching. And so the way we can tell is by looking at the patterns of their teeth, I always like to say, do you see where in certain areas and when you go into a certain position, you'll see them line up like a puzzle piece. And so your dentist can help you sort of guide you through seeing that and visualizing it. And so, you know, not everybody grinds but it's New York City. Most people are doing some form of clenching and grinding. And I will tell you that generally speaking, the way we've adapted, women generally have more pain. Men generally have more wear. Men will break their teeth but or they feel anything is wrong and women will have these pristine perfect teeth that show no signs of wear, but they're like my jaw is killing me.

JVN: What about bridges and caps? Are those still something that people do when are happening?

DR. STEPHANIE DUMANIAN: Yeah, I mean, you need what you need.

JVN: So what's a bridge and what's a cap?

DR. STEPHANIE DUMANIAN: So a cap is an individual tooth. It's only one tooth. It's like a veneer only affects one tooth. But generally speaking of crap, a cap goes all around the tooth –

JVN: And that's a treatment to like just like a really fucking bad cavity? Like your whole tooth like was a cavity and you just had to like shave it all down and like put this cap on so you don't have like a little as tooth?

DR. STEPHANIE DUMANIAN: Well we wanna prevent you from losing a tooth. That's the goal here, right? So if we don't have enough tooth structure there, we gotta do something to cover it and prevent it from breaking. I kind of equate it to like the ring around the wine bear, right? So like the wine barrel isn't actually that strong, but the ring is there that if this wine barrel got knocked over, it would minimize the risk that it would split and like break. And so a lot of times we're doing crowns on teeth that have had a lot of decay, but also teeth that are very badly cracked. You know, I mentioned before, a lot of people do grinding and clenching and we'll see cracks in the tooth. And if I see that crack is really deep, I know it's just a matter of time before that tooth breaks. And so if that tooth breaks spontaneously, we might be able to do a cap at that time, it might need a root canal or it might need to come out and then you get an implant. So sometimes we have to be a little bit more aggressive to prevent a worse outcome. And oftentimes that's a situation with caps.

JVN: And what's a bridge?

DR. STEPHANIE DUMANIAN: A bridge is when you're missing a tooth. And so it's two teeth that then connect a fake tooth in the middle.

JVN: Oh.

DR. STEPHANIE DUMANIAN: So it's three teeth that are connected together.

JVN: And do you see like a silver something keeping it together?

DR. STEPHANIE DUMANIAN: No, I mean, that can be made of different materials. I mean, if you're going to a cosmetic practice, you're just gonna see porcelain, it should match really nicely with the rest of the teeth.

JVN: Is there a difference between like east coast smiles and west coast smiles or have you noticed like an aesthetic difference between like a European smile or like a Canadian smile? Like, is there different things that are like in vogue in different places when it comes to smiles?

DR. STEPHANIE DUMANIAN: There's definitely trends and there are things that are just like culturally acceptable in different places. Like I think when you look across Europe, we're generally not seeing people that are as concerned with tooth crowding and missing teeth. I mean, it's not top of mind for them. Uh for whatever reason, I think it's probably a cultural thing and partially maybe financial, it's probably something that people don't necessarily save towards. They've got universal health care. And so a lot of that probably isn't going to cover the more sophisticated procedures, those are going to be out of pockets. A lot of times people figure if it's not covered, then it's not necessary. And that's not necessarily the case, but it is what it is. And then I generally find, you know, there are certain cities where bigger, brighter whiter is better –

JVN: Is that like LA?

DR. STEPHANIE DUMANIAN: I mean, yeah. LA, Nashville has a huge scene. I mean, those are as white as can be uh Texas big white teeth.

JVN: Uh, yeah.

DR. STEPHANIE DUMANIAN: Um, and there's nothing wrong with that. They're so beautiful.

JVN: And New York's more, a little more natch?

DR. STEPHANIE DUMANIAN: Generally speaking, people want a more natural look. And so I have people who come from all over the country because they like my aesthetics and there's no right or wrong. You know, when we're talking about aesthetics, it's about what works for you.

JVN: Cute. Ok. What about, oh, also tiktok, my algorithm. I do see a lot of people's caps just like falling off. Is that just because like, it's like, it's a good treatment but it's not like a cure wonder drug. Like if you bite into the fucking taffy or you like hit your mouth and really hard and got the cap on there. Like, is that just all that was, or was it like shoddy work or a mix of the two?

DR. STEPHANIE DUMANIAN: It's probably a mix of the two. You know, I think everyone right now has commoditized dentistry. People are going all over the world to do their veneers to do their caps.

JVN: Yes, we're going to Turkey to do the caps, honey. I've seen that on my tiktok too.

DR. STEPHANIE DUMANIAN: I've see that too, Turkey teeth and those are the ones you see, they're all down like flat –

JVN: Yes, yes.

DR. STEPHANIE DUMANIAN: So like if you're gonna take a tooth and you're going to cut it down this much –

JVN: Those little spiky, those little, like triangles, shark teeth spikes,

DR. STEPHANIE DUMANIAN: Yeah, there isn't a lot of retention there. So like that restoration is gonna de bond, it's more likely to come off. But then at the same time, I always tell people, listen, dentistry is not indestructible. You know, it's not gonna be any stronger than what God gave us. And if you broke your own tooth, you could break this one too. So, you know, common culprits are fork biting into a fork falling, finding something hard in your food. It can absolutely break your restoration. But you know, it's better to break your restoration than it is to break your own tooth.

JVN: I mean, honey, I, I, I, I, I your lips to God's ears. I get it. Ok. Rapid fire. Are you ready?

DR. STEPHANIE DUMANIAN: Oh my God. Ready or not? Get straight, buckle my seatbelt.

JVN: It's more, it's more, it's even more rapid fire.

DR. STEPHANIE DUMANIAN: More rapid fire? Oh ok.

JVN: What is your budget? Beauty recommendation under \$10?

DR. STEPHANIE DUMANIAN: For what?

JVN: Anything.

DR. STEPHANIE DUMANIAN: Anything? you know –

JVN: It could be a product, a thing.

DR. STEPHANIE DUMANIAN: I'm such a sucker for Aquaphor lip balm.

JVN: That's a perfect rec.

DR. STEPHANIE DUMANIAN: I'm telling you. And then I take like sometimes I'll like layer it on top of like a lip liner that I have just like create like a nude lip kind of situation. Or if I have a matte lip already, I'll like add on top of for a little shine. I love it, it's so hydrating.

JVN: Aquaphor. It's major. Splurge recommendation? Could be anything bag, beauty, shoe, anything, treatment?

DR. STEPHANIE DUMANIAN: Oh, God, I could love a good massage at a really nice spa.

JVN: Can't go wrong.

DR. STEPHANIE DUMANIAN: if you haven't been, oh, my God. My two favorites downtown. The Four Seasons downtown is amazing. And that hotel Phuket. Have you been yet?

JVN: No, I'm. What, what about, where do you like? Where do you like the best facial? I bet the Four Season does a good facial.

DR. STEPHANIE DUMANIAN: They do a really good facial.

JVN: I kinda wanna get a Hydrafacial.

DR. STEPHANIE DUMANIAN: I also, I also really like Rescue Spa.

JVN: Rescue Spa, ok I'm writing that down.

DR. STEPHANIE DUMANIAN: I'm very into biological recharge and they do a lot of those biological –

JVN: They do?

DR. STEPHANIE DUMANIAN: Mmmhmm.

JVN: And what's that called? Rescue Spa?

DR. STEPHANIE DUMANIAN: Yeah.

JVN: Chris, we got to make an appointment there. We're gonna do that on Pretty Curious.

DR. STEPHANIE DUMANIAN: It's right here! It's literally right here.

JVN: Because I gotta, I gotta do like a face. I need a facial. We got to do like a beauty experience. Ok. Because I'm gonna tell everybody about it. Ok. A product you never leave home without?

DR. STEPHANIE DUMANIAN: I never leave home without wearing my foundation.

JVN: Oh your foundation looks pretty. Your face is fucking slaying.

DR. STEPHANIE DUMANIAN: That's because of my foundation.

JVN: What is your favorite vintage beauty memory? Actor, actress, like mom, grandma. Somebody?

DR. STEPHANIE DUMANIAN: I feel like I'm channeling like, you know, Audrey Hepburn Breakfast at Tiffany's. That's so classic

JVN: So classic. I love that glam. Ok, now this one's really fucking rapid fire favorites. I'm going to say a thing and then I need your favorite of that thing. Just one.

DR. STEPHANIE DUMANIAN: That's the problem, that's gonna be hard/

JVN: Toothpaste.

DR. STEPHANIE DUMANIAN: Really? Just one?

JVN: Toothpaste.

DR. STEPHANIE DUMANIAN: Like the best one. I –

JVN: Just spit it out.

DR. STEPHANIE DUMANIAN: I love Aquafresh, extreme clean.

JVN: Budget floss.

DR. STEPHANIE DUMANIAN: Um Oral B Glide.

JVN: A manual toothbrush like an a uh like the, the what do you call electric is like way better, right?

DR. STEPHANIE DUMANIAN: Let me break it down a little bit if you brush your teeth in the most ideal way, which is 30 seconds per area. Two minutes total in a circular motion with the bristles. Aim towards your gum line. It works the same as an electric toothbrush. But the truth of the matter is that nobody is doing it right? And electric toothbrush just takes the guesswork out of it.

JVN: Yeah, I love my electric toothbrush.

DR. STEPHANIE DUMANIAN: So much easier.

JVN: Now my grandpa always told me about flossing. You were trying to get this like decaying flesh like if you eat meat, like you gotta get, you're trying to get the debris out from between your fucking teeth. But he always said like thick unwaxed floss. He was like, I want thick, I want big because I want to get everything out of there. I don't want gliding. I want like and so that I kind of do like that classic like thick –

DR. STEPHANIE DUMANIAN: Like the Reach? It comes in the –

JVN: Yeah, like the red, it's like it's like white with like red writing and it's like –

DR. STEPHANIE DUMANIAN: Yeah, Reach.

JVN: It's like thicker is is that is like a gliding tape ok? Like what –

DR. STEPHANIE DUMANIAN: I like a gliding floss. But I'm also really wrapping around the tooth. And then the other thing you can do if you have wider spaces between your teeth. If your wider spaces between your teeth. Floss isn't gonna do much. It's kind of gonna float in there. So I either say either tie a knot in your floss and pull it through so you can get more schmutz out or use a little proxy brush. If you have bigger spaces, you're gonna need something a little bit thicker to get in there.

JVN: Ok, and what about the like, flossing sticks?

DR. STEPHANIE DUMANIAN: I mean, I think they're easier to use than traditional floss –

JVN: They make me gag. They literally make me throw, like, almost gag. Like when I like my fingers, I'm so much better with it. And I also my thing with the floss sticks, I don't like all the plastic waste.

DR. STEPHANIE DUMANIAN: Yeah, the traditional floss is better. But if you're not going to do traditional floss and you're not going to do a water pick, the floss picks are a good alternative.

JVN: Ok, it's better than –

DR. STEPHANIE DUMANIAN: You just have to be careful because if you don't know what you're doing, you can like, give yourself almost like paper cuts and a lot of people just go through when they floss, they hear the snap and they're done. You're not looking to get through the contact. You want to get to the gum line. You've got to go deep.

JVN: I'm deep in there and I go, like, on each side of the triangle.

DR. STEPHANIE DUMANIAN: Exactly.

JVN: Yes.

DR. STEPHANIE DUMANIAN: A lot of people just hear the snap and they're done. You do nothing.

JVN: I mean, the first years of my flossing from like 19 to 20 something I only did it in the mirror. Like, so I could really see, but I just like, I've done it for so long that I know –

DR. STEPHANIE DUMANIAN: You're like a pro, you can do it with your eyes closed.

JVN: Ok. So now we're going back to rapid fire, perfume.

DR. STEPHANIE DUMANIAN: I like Ex Nihilo, Fleur Narcotique.

JVN: Moisturizer?

DR. STEPHANIE DUMANIAN: A lot of the Biological Recharge.

JVN: Candle?

DR. STEPHANIE DUMANIAN: Trudon.

JVN: Blush?

DR. STEPHANIE DUMANIAN: NARS.

JVN: Accessory?

DR. STEPHANIE DUMANIAN: Um I happen to be a really big fan. If you follow me on Instagram, I wear a lot of the Lily Sido headbands. They're so much fun.

JVN: Ok ok, fashion era?

DR. STEPHANIE DUMANIAN: Seventies.

JVN: Dental splurge?

DR. STEPHANIE DUMANIAN: Dental splurge? I probably in a great electric toothbrush with Philip Sonicare.

JVN: Coat?

DR. STEPHANIE DUMANIAN: I mean, I like Montclair.

JVN: Handbag?

DR. STEPHANIE DUMANIAN: Oh God, you're killing me. I mean like every handbag now.

JVN: Favorite handbag. I need it.

DR. STEPHANIE DUMANIAN: Favorite?

JVN: Yes. Is it, is it a Birkin? Is it a Kelly? Is it a, is it a fucking Fendi baguette? Is it –

DR. STEPHANIE DUMANIAN: Oh my God. Fine. A Birkin.

JVN: Ah it's so fucking classic. You can't go wrong.

DR. STEPHANIE DUMANIAN: If I have to pick one.

JVN: Um hairspray?

DR. STEPHANIE DUMANIAN: Um R and Co.

JVN: And who did that foundation?

DR. STEPHANIE DUMANIAN: This one?

JVN: Yeah, because it's gorgeous.

DR. STEPHANIE DUMANIAN: Oh, Armani, a little bit of silk. I'm obsessed.

JVN: The girls are talking about it. They've been talking about it. Highlighter?

DR. STEPHANIE DUMANIAN: You know, I'm a little too old for that. I feel like I don't have time for that.

JVN: Ok, I agree now that you're too old, but I also don't have time for highlighter. But I did not mean to say that. I agree with you being too old because you're not too old. But I agree. Like I got, we got blushed. We got our bronzer we don't need to use any highlighter.

DR. STEPHANIE DUMANIAN: Blush, bronzer, this highlighting I can't, I can't handle that.

JVN: Although I do want to put them on my nose because Ariana Grande does on wicked.

DR. STEPHANIE DUMANIAN: Ok.

JVN: Now, I want to.

DR. STEPHANIE DUMANIAN: My sister tried to teach me how to do it and it was just too complicated.

JVN: Do you do a setting spray?

DR. STEPHANIE DUMANIAN: Sometimes I use the Urban Decay.

JVN: I use that one too. I love it.

DR. STEPHANIE DUMANIAN: I think it's good.

JVN: I like it.

DR. STEPHANIE DUMANIAN: I'm not sure if it works but, you know, people tell me I should use it. I'm one of those suckers. I go into Sephora and I go like, what should I use? What should I try?

JVN: I feel like it really does work because when I don't wear a setting spray, my face looks totally different at the end of the day and when I do wear it, especially like my eyes and my like, yeah, just my whole face looks way more similar.

DR. STEPHANIE DUMANIAN: You know, it's really hard because behind the face mask, I'm wearing a face mask all of the time –

JVN: Oh, yes.

DR. STEPHANIE DUMANIAN: I haven't found anything that can really hold through that.

JVN: So, where are you the most on social? Are you the most on Instagram? Do you do both work? And people follow along with you? Where is the practice? And where can we wait, what's next for Doctor D?

DR. STEPHANIE DUMANIAN: Ok. Amazing. Well, you can follow us at Park Lex 60 Dental on Instagram. That's probably where we're most prevalent. Uh, and we're conveniently located on 60th between Park and Lex just down the block from Bloomingdales. So it's a pretty easy location.

JVN: Queen Upper East Side. Queen.

DR. STEPHANIE DUMANIAN: Although I live right here so –

JVN: That's perfect. I used to live right here too. Um, Doctor Dee, thank you so much for coming. I'm pretty curious so much we adore you!

DR. STEPHANIE DUMANIAN: Can't wait to see you in the office!

JVN: Uh, yes!

DR. STEPHANIE DUMANIAN: And around the streets of New York. I love it.

JVN: Yes, I can't wait neighbor. I love you, honey, thanks for coming on.

DR. STEPHANIE DUMANIAN: Thank you.

JVN: You've been listening to Pretty Curious with me, Jonathan Van Ness. You can learn more about this week's guest in the episode description and follow us on Instagram and TikTok @CuriouswithJVN. Pretty Curious drops every Monday wherever you get your podcasts and make sure to tune in every Wednesday for Getting Curious. Still can't get enough? Honey, you're insatiable! Subscribe to Extra Curious on Apple Podcasts for commercial free listening and our subscription only show, Ask JVN, where we're talking all about sex, relationships, or really just whatever's on my mind that week. Our theme music is composed by Nathanael McClure. Come on Nathanael! Our editor and engineer is also Nathanael McClure, yes! Getting Curious is produced by me, Chris McClure with production support from Julie Carrillo, Anne Currie and Chad Hall.