

Dental Myths Exposed - Smile Solutions

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How many of these dental myths have you heard before? And how many of them do you believe? You only need a dentist when your teeth hurt One of the difficulties of dental disease is the fact that many conditions can often begin and worsen over time without many signs or symptoms. Even if you are not experiencing any pain, it is still recommended to see your dentist twice per year for a thorough examination so that you can get on top of any dental issues which can often be asymptomatic yet still need urgent treatment. If any conditions are not addressed early, you may require more complex and expensive treatment and be at risk of permanent tooth loss. The old saying "prevention is better than a cure" could not be any truer. Flossing creates spaces between your teeth Flossing correctly does not create spaces between your teeth, in fact flossing helps prevent dental decay and gum disease in areas where your toothbrush cannot reach. When you initially start flossing you may notice some bleeding which indicates build-up of inflammation in the area, but a few weeks of steady flossing will often resolve this. Baby teeth don't need to be brushed Arguably baby teeth are the most important of all! They provide the space for adult teeth to come through in alignment and any premature loss of baby teeth may result in inadequate space for the adult dentition to grow through, hence causing crowding and the need for time consuming orthodontic correction later in life. If a baby tooth is infected, it may also cause defects in the corresponding adult tooth, making it more prone to infection when it comes through. It is vital that you take care of your child's baby teeth, and if they are not in the habit of brushing & flossing, chances are they will not be in the habit of taking care of their adult teeth either White teeth are healthy teeth Although the appearance of white teeth is something we all strive for, it has absolutely no correlation with the health of your teeth. Our natural teeth colour varies in lightness due to a host of factors such as age, diet and our tooth & gum health. Having white teeth does not mean you can stop routine examinations and professional cleans with your dentist, it is important to uphold your smile and make sure you have no signs of cavities and gum disease. Whitening damages your teeth Modern dental whitening procedures, when carried out by a qualified dental practitioner with FDA approved whitening agents, are considered absolutely safe for your teeth and gums. Your dentist will typically have some pre- and post-operative instructions for you to follow for a day or two following your whitening treatment which can help reduce some side effects such as temporary tooth sensitivity. The risk with teeth whitening lies in using products that are not controlled or approved by the dental board, and these home whitening agents may damage your enamel, causing damage to your oral health. Braces are only for kids Although we have traditionally grown up in environments where it is common to primarily see children receiving orthodontic treatments, it is becoming increasingly common

for adults to get in on the orthodontic action. The main hesitations behind adults opting for orthodontic treatment can be attributed to: The appearance of traditional braces The cost of orthodontic treatment The time it takes to achieve results However, the days of “train track” appearances are over, and with the advancements in 3-D scanning and printing technologies, clear aligner technologies such as “Invisalign” allow adults to correct orthodontic issues which they didn’t have an opportunity to correct at a younger age, albeit with a far more discreet option. With Smile Solutions being able to offer interest free payment plans in conjunction with Invisalign, it gives us the option to provide you with an orthodontic treatment with a seamless appearance, without affecting the way you go about daily life. It is important for you to be proactive about your dental health. It is always better to stop problems from occurring before they can, rather than dealing with disease and pain after the fact. A few minutes each day can go a long way to save you hours of pain and trouble – not to mention money – in the future.

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