

Tooth TALK

“Dental Myths you should know that are NOT TRUE! (Part 2)”

REMOVING A TOOTH IS BETTER THAN HAVING A ROOT CANAL THERAPY!

Sure, there are situations in which a tooth cannot be saved and has to be removed. However, under most circumstances when a tooth can either be saved with root canal treatment or be removed, it is better to save the tooth with root canal treatment. Root canal treatment has had a bad reputation for being a painful procedure because it used to be done without local anaesthetics ages ago! Nowadays, just like having a filling, the tooth is anaesthetized first prior to receiving root canal therapy. Patients should not feel any discomfort during the root canal procedure. Root canal therapy allows one to keep the natural tooth so that he or she does not have to suffer from the consequences of tooth loss and the expense of replacing the lost tooth. With certain artificial teeth, especially the removable ones such as complete or partial dentures, it can be more difficult to eat and enjoy certain food. It is better to go with nature-created teeth than man-made teeth!

THE HARDER YOU BRUSH, THE CLEANER YOUR TEETH GET!

This is not true at all! Brushing too hard or using a medium or hard toothbrush can actually harm your teeth! The enamel on your teeth and the surrounding gum tissue can erode away and be damaged with hard, aggressive brushing. Soft dental plaque on the teeth can be removed with soft bristles. Once the dental plaque hardens into “calculus”, the only way to remove the hard deposits on your teeth is a professional cleaning by a dental hygienist or a dentist. The hygienist or the dentist will use special instruments to remove the hard calculus on the “crowns” and the “roots” of the teeth for you.

FLOSSING IS NO LONGER NECESSARY!

The recommendation to floss regularly was recently removed from the government’s “Dietary Guidelines for Americans” based on a lack of strong evidence for the practice. However, dentists still strongly recommend flossing on a daily basis as 35% of all the tooth surfaces cannot be cleaned with brushing alone. Areas in-between teeth need to be kept clean with flossing so that cavities will not develop in those areas. Also, flossing removes food debris stuck in-between teeth under the gum tissue. It helps prevent gum disease. Research studies have shown that preventing gum disease also helps prevent cardiovascular disease, diabetes, dementia etc. It is only wise not to neglect flossing as it helps with your overall health!



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