



# Oakdale

## DENTAL



### *Great Things Start With A* **Warm, Healthy** **SMILE!**

Now that winter is fading and the first signs of spring are appearing, many people begin to think about spring cleaning and garden tidying. There's so much renewal going on, both in nature and in our households. Early spring is also a good time to think about the dental care you might have been putting off through the cold months.

This could mean a regular check up or cleaning, or it could mean investigating in smile enhancing dental procedures. I recently joined the Toronto Academy of Cosmetic Dentistry and have been taking part in some fantastic lectures. I'd love to share my knowledge and experience in this growing field of dentistry and encourage questions and consultations.

If you have been putting off your dental care through the winter months, or want more information on cosmetic dentistry, give us a call. We would be glad to answer any of your questions or book you an appointment.

*Dr. Steven Rosenblat*

## Importance Of Regular Dental Check Ups

Regular dental check ups and cleanings are important to your oral health. They ensure that your teeth and gums stay healthy, and they are also vital to your overall health.

During a check up, we routinely examine for signs of gum disease, oral cancer, and oral infections. We also look for decay, deterioration, tooth fractures, and cavities. Check ups can identify oral health issues before they become painful or costly problems.

Everyone should have regular dental check ups, even if you are a regular and very attentive brusher and flosser. If you wait until you have a toothache, the solution could be more complex. Only your dentist can diagnose and treat small problems before they get big.

Depending on the individual patient, we usually recommend checkups and cleanings every six months to maintain optimum dental health.

**O a k d a l e D e n t a l . c a**

# How Are Dental Implants Used To Support Dentures?

Dental implants are typically used as part of a tooth replacement treatment. Implants are metal posts or frames, usually made of titanium, that are surgically placed under your gums. They then fuse to the bone of your jaw and act as roots. In a standard tooth replacement, porcelain crowns that look and feel like natural teeth are attached to the implant.

Implants can also be used to keep dentures in place. Loose fitting dentures can cause pain and difficulty chewing. When gums begin to shrink, even the best fitting dentures can start to shift around. To anchor dentures more securely, implants can be placed in the jaw with an overdenture attached to them.

Patients who use implant supported dentures report greater confidence, more enjoyment of the foods they love, and a more attractive smile.

To learn more about implant supported dentures, speak to a member of our team today.



**Oakdale**  
**DENTAL**  
Dr. Steven Rosenblat

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## What Can Dental Bonding Do For My Teeth?

Dental bonding is a simple, painless and affordable procedure that has many uses, including:

- repairing chipped or cracked teeth
- closing spaces between teeth
- reshaping teeth
- covering badly stained teeth

Bonding involves the application of a tooth-colored resin. The dentist prepares the tooth for bonding by placing a mild chemical on it to roughen the surface. Using a shade guide, the dentist selects a shade that closely matches your tooth and then mixes and tints the resin. The resin is applied in thin layers and then hardened with an ultraviolet light or laser. The dentist then shapes and polishes the resin to smooth it and give it a natural look.

The procedure usually takes about 30-60 minutes to complete. You can even get several teeth bonded in one visit. No special techniques are needed to care for bonded teeth – just good oral hygiene.

### Staff:

Judy Stanley – Office Manager

Margaret Baniak – Treatment Coordinator

Pam Shea – Certified Dental Assistant

Shona Ferguson – Certified Dental Hygienist

Wendy Clarke – Certified Dental Hygienist