

Legends:

Categories

Local keyword

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## Dental Exams and Cleaning

Regular dental visits usually require a series of examinations before your dentist performs the dental cleaning services. Your dentist will check your mouth to see if you have dental issues. Additionally, he will take an X-ray to check the condition of your teeth and jaw. Once done, he performs teeth cleaning.

1. Removal of Plaque and Tartar  
The dentist removes the plaque and tartar in your teeth through scraping. Although there is minimal bleeding, it is normal. You might also hear a scraping noise as your dentist eliminates the plaque and tartar.
  2. Electric brushing  
Using an electric brush, the dentist will brush your teeth using abrasive toothpaste. You may hear a powerful sound, but the procedure is safe and painless.
  3. Flossing  
Your expert dentist flosses hard-to-reach areas to remove tartar. He rinses the debris off to remove the remaining plaque and tartar.
  4. Applying Fluoride Treatment  
Fluoride treatment is the last step in dental cleaning services. Fluoride will protect your teeth from cavities. You will wear a mouthpiece containing a foamy gel for a minute during the procedure. Once done, you will take it off, and your **dentist in Newmarket** will apply fluoride varnish.
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## Digital X-rays

Dentists recommend dental X-rays yearly. Dental X-rays aim to diagnose and monitor dental treatment and oral issues. Your dentist will advise you to get dental X-rays based on these factors

- Current oral health
- Symptoms of oral disease
- Oral history
- age

As children's teeth develop, their dentists may recommend more x-rays for children than adults. Seeing the baby's teeth helps the dentist determine whether their growth is proper or concerns about complications arising. Often, dentists can tell whether a patient's teeth are out of alignment right away. That's why they immediately recommend orthodontic treatment for your kids.

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## Fluoride Treatment

Fluoride helps in making your teeth strong and prevents cavities. Moreover, fluoride protects your teeth from bacteria that can damage your teeth and gums. The buildup of bacteria on the teeth and gums causes cavities. A plaque buildup, if left unattended, can crack the enamel, which leads to infected nerves and roots.

The dentist may apply the fluoride in foam, gel, or even varnish during a professional fluoride treatment. Your dentist will ask you to apply fluoride using a brush, swab, tray or even mouthwash.

Compared to the fluoride content in your toothpaste, fluoride treatments contain much more fluoride. Moreover, they are easy to apply since it will take you only minutes to do so. After your fluoride treatment, it is essential to note that you cannot eat or drink for 30 minutes to help fluoride fully absorb your teeth.

Provide your [dentist in Newmarket](#) with a complete health history so that they can recommend the proper treatment for you.

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## Home Care

Maintaining excellent oral health requires consistency. Here are tips you can do at home to take care of your teeth and mouth.

1. Timely brushing of teeth

Brushing your teeth before breakfast is better since bacteria build up in our mouths at night. Furthermore, brushing your teeth before breakfast will add protection to your enamel before you eat anything.

2. Keeping your tongue clean

Make sure to clean your tongue as well since it is also prone to bacteria build-up. Bacteria on your tongue may lead to bad breath. Do not forget to brush your tongue. You can also use a tongue scraper to remove the film on your tongue.

3. Gargle with mouthwash

Aside from keeping your mouth fresh, mouthwash also helps in cleaning your mouth.

Most people think that brushing is enough but gargling with mouthwash can kill all the bacteria. Consult your [dentists in Newmarket](#) for mouthwash recommendations and oral health issues.

4. Establish a routine

Establishing a consistent oral routine will help improve your oral health. It's essential to brush your teeth twice a day. Make time for flossing 30 minutes after your meal.

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## How to Properly Brush & Floss

Brushing your teeth is easy. Here are rules that you can follow to make your experience in brushing your teeth a blissful one

1. Apply a pea-sized amount of toothpaste on the bristles and wet your brush with water.
2. Brush your teeth gently and at a 45-degree angle. When you brush your teeth, make sure to use circular movements inside and in front of your teeth. Do not forget your molars and your tongue.
3. Brushing your teeth should take 2 minutes to clean your teeth and mouth thoroughly.
4. After brushing, rinse your mouth with cold water and floss.

Most people skip flossing, but it is an integral part of your oral routine. At least once a day, you should floss. To keep your teeth clean, here's your guide on how to floss properly :

1. Use at least 15-18 inches of floss.
  2. Using your thumb and pointing fingers, hold your floss and insert it between your teeth gently.
  3. You will notice that your floss will get dirty as you go between your tooth. When this happens, unravel the floss inch by inch using your less dominant hand.
  4. As you reach the gum line, gently slide the floss into the gap by curving into a C shape. When you do this, be gentle so it will not affect your gums.
  5. Follow steps 2 to 4 for all your teeth.
  6. Once done, you need to dispose of your dental floss. Avoid reusing the floss to avoid infection.
  7. The last step is to rinse your mouth with cold water or mouthwash.
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## Oral Hygiene Aids

### Electric or manual toothbrushes

Maintaining good oral health begins with brushing your teeth. It doesn't matter if you use an electric or manual toothbrush. Each type has its charm and benefits. Aside from being cheap, using a manual toothbrush will not require charging or changing batteries.

Meanwhile, electric toothbrushes are suitable for people with arthritis and carpal tunnel syndrome since they have rotating bristles. Furthermore, electric brushes are popular among kids because of the sounds they make.

If you need help on what kind of toothbrush is right for you, you can consult our **Newmarket dentist** on your next dental visit.

### Regular dental floss and floss picks

Food particles are likely to be still stuck between your teeth and in other places, which is why your dentist recommends flossing. Floss is available in waxed or unwaxed forms, or it is available in convenient pick-up tubes. Floss picks are less effective than regular floss because they are shorter and cannot reach all the areas. They may be shorter than standard floss, but they are better for people with mobility problems.

### Water flossers or oral irrigator

Water flossers and oral irrigators use water streams to help remove plaque from the teeth. You can almost think of it as an oral pressure washer.

If you are unable to use regular floss, a water flosser may be beneficial for you. Individuals with braces or bridgework are eligible to use the flossers and irrigators. These devices are generally expensive and take up a lot of bathroom counter space. Furthermore, it requires both electricity and water. If you are thinking of purchasing a water flosser, make sure to consult your dentist in Newmarket.

### Tongue scraper or tongue cleaner

Tongue scrapers are available in various sizes and materials. Tongue scrapers aim to remove any film on your mouth which causes bad breath. Brushing the tongue removes bacteria from the mouth. Brushing your tongue when you brush your mouth could be just as effective. You can consult your **Newmarket dentist** for advice if you think you could benefit from using a tongue scraper.

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## Panoramic X-rays

X-rays or panoramic radiographs are two-dimensional dental images. Using X-rays can provide a complete picture of your mouth in just one shot, showing your upper and lower jaw on one side. In addition, these X-rays can detect cysts, tumours, jaw abnormalities, and even cancer. Catching these diseases early on reduces the need for invasive treatment.

When you are undergoing treatment, using a panoramic x-ray provides tracking of your progress. Moreover, panoramic-ray also helps children who have orthodontic needs, such as the growth of wisdom teeth. Panoramix X-rays are also helpful for those with TMJ problems or oral cancer.

You should get a panoramic x-ray every three to five years. The process takes only 30 seconds. Schedule an appointment with your **Newmarket dentist** to know more about panoramic X-rays.

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## Sealants

How painful is the application of dental sealants?

Getting dental sealants is painless and doesn't take much time. Each bond takes only about six minutes to apply. As such, your children will not feel nervous at all during this procedure. Here are the steps involved in applying tooth sealants:

1. Tooth cleaning.  
During tooth cleaning, your dentist in Newmarket will remove the hardened plaque to make sure that sealant will attach to the tooth. Moreover, the dentist will clean the surface to remove any food particles.
2. Keeping the tooth surface in good condition.  
The dentist will now place an etching gel on the tooth to ensure that the tooth surface is in good condition. Once done, the dentist washes the primer and makes sure it is dry.
3. Etching evaluation  
If your dentist notices that the tooth has become dull and white, it means they are ready for dental sealants.
4. Dental sealant application  
  
The dentist will place the sealant entirely in the tooth's grooves using a brush, ensuring that the sealants fill the tooth.
5. Laser light treatment  
With laser light, your dentist hardens the sealant directly to the tooth.

## 6. Evaluation of sealants

The final phase of the procedure includes the evaluation of dental sealant. In this way, the dentist can check the patient's bite because the coating will not bulge.

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## Composite Fillings

Dentists will likely suggest fillings if you have cracked teeth or cavities. Usually used for the treatment of cracked, chipped, and broken teeth, composite fillings are resin-based materials with nearly the same appearance as porcelain fillings. Here are the steps your dentist follow when filling a tooth:

1. After the dentist has assessed that you need a filling, they will administer a local anesthesia
2. Using a drill or laser, the dentist will remove the infected area.
3. The dentist proceeds to clean the teeth.
4. Next, the dentist will prepare the tooth that needs filling by cleaning it. The dentist may also add a liner according to how severe the decay is to protect the nerve.
5. Dentists will need to apply composite fillings in layers. To help the layers harden faster, the dentist will use a light to allow them to set.
6. The dentist proceeds to shape and polish the filling as soon as the layers have hardened

To maintain your new filling, you must refrain from consuming sugary foods and drinks because they will wear off quickly. Biting hard foods can also cause your filling to fall out since they are hard to chew. When your filling falls off, visit your **dentist in Newmarket** as soon as possible.

Depending on your oral health, composite fillings can last for 5-10 years or even longer. You just need to make sure that your teeth do the procedure gently when you brush or floss

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## Day White

Day White, a whitening brand, is a cheaper alternative to professional teeth whitening. With Day White, the process takes only 15 minutes or an hour and is easy to use. People who do not want to wear strips or trays overnight can use day white instead.

Day White kits come with instructions and syringes. The syringes contain gel for the treatment and have a simple guide that is easy to follow. Day White has hydrogen peroxide and calcium phosphate or ACP, which are suitable for whitening the teeth

### What to consider before using Day White

While Day White is practical when it comes to whitening, it cannot remove deep stains. Using Day White two times a day for up to two hours can whiten your teeth up to 14 shades. If you

have finished your kit before reaching your desired result, please consult your dentist before ordering another.

Do not smoke, eat, or drink anything when receiving the Day White treatment. When you're pregnant or nursing, using any teeth whitening product isn't advised.

You should only use Day White if your teeth are healthy. If you suffer from tooth decay, gum disease, or any other oral condition, Day White might not be suitable for you. Before purchasing Day White, be sure to consult your [Newmarket dentist](#).

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## Dental Implants

Today, dental implants are the preferred method of replacing missing teeth. Essentially, a dental implant replaces a tooth by placing a fixture in its place. After a few months, the fixture fuses with the jawbone.

Placing a dental implant in the jawbone gives it structure. In some ways, it is similar to a natural tooth. Additionally, the implant's root does not affect the nearby teeth. Osseointegration occurs once the dental implant bonds to the jawbone.

### Titanium dental implants

Titanium is the most common metal used for dental implants. Titanium is a strong metal that never rusts. Dental implants may be a better answer than bridgework or dentures if you have good oral and bone health. Make an appointment with a [dentist in Newmarket](#) to determine whether dental implants are right for you.

Dental implants treatment also requires you to be a non-smoker. It takes several months for the implant to integrate with the bone fully, but the success rate is 98%.

Filling in gaps with dental implants also improves your speech. You can also regain the shape of your face with this treatment. As a result, you can expect to gain confidence as you smile brightly.

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## Porcelain Crowns (Caps)

If you want a beautiful smile and are looking for an alternative to traditional fillings, porcelain crowns could be your best bet. Porcelain is strong enough to withstand the pressure of chewing yet light in weight so that it doesn't tire out your jaw muscles or cause headaches when wearing them. It also looks like natural teeth, can last longer without showing any signs of wear at all!

A porcelain crown is a dental restoration that covers the entire tooth. It's great for restoring teeth to their original shape and size after decay or injury, filling gaps between teeth, or repairing damaged areas of your smile. Porcelain has long been considered one of the best materials used in dentistry because it mimics natural enamel so well.

## Porcelain crown vs veneers

Porcelain crowns and veneers might look similar, but they have different purposes. Porcelain crowns are mainly for strengthening fractured teeth. At the same time, veneers are purely cosmetic because their primary function is to cover up uneven or unattractive dental structures like misaligned chompers, gaps between the front teeth that make you appear older than your age. Some people choose porcelain over metal fillings because it has a lower risk of infection which can build up if not taken care of properly.

Porcelain crowns are custom-made, durable tooth replacements. Your dentist will take an impression of your teeth and send it to a lab where they'll mould the perfect replacement for you. It stays on for about two weeks while you wait patiently in anticipation as your porcelain crown is customized just right so that when it's fitted onto your tooth, there will be no gaps or spaces.

If you're experiencing any discomfort from an unhealthy tooth, make sure to contact your **Newmarket dentist** immediately for advice on how to resolve your dental problem.

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## Porcelain Fixed Bridges

Porcelain fixed bridges are a cosmetic option to replace missing teeth. They work well if you have space where the tooth should be and helps keep your mouth aligned with its surrounding teeth. It also helps keep your facial shape looking as it's supposed to, aids in speaking and chewing while bringing back that beautiful smile!

To make the bridge, you'll need at least two visits with your dentist. The first visit will involve taking an impression of your teeth and giving you a temporary replacement bridge until your custom-made one is ready. On your second appointment, they will fit it from the mould.

If you're looking for a long-lasting dental solution, then porcelain is the perfect option. Porcelain-fixed bridges last 5 to 15 years with good oral hygiene and regular checkups. Make an appointment with your **Newmarket dentist** today to know if a porcelain fixed bridge is suitable for you.



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## Porcelain Inlays

A porcelain inlay is a custom-made filling that fits into the grooves of your tooth. It's a standard dental procedure to restore dental caries. These are cavities in the tooth's center rather than being on the side or along the edge.

A porcelain inlay is a painless procedure as your dentist will numb the affected area before starting. Your dentist will then drill and clean out the decayed portion of the tooth and clean it so they can make a mould.

An inlay is different from an onlay simply based on the extent of damage on the tooth. An inlay is when the decay is more centred in the tooth. An onlay, on the other hand, is for when the decay has spread to the cusp of the tooth.

Porcelain inlays are preferred if a tooth only has minimal decay. Some dentists may also recommend porcelain inlays as an alternative to full coverage crowns. Inlays can also strengthen the damaged tooth as it is a precise and custom fit.

While the procedures for an inlay and onlay are similar, your dentist will be the one to determine which is best. Make an appointment with your [dentist in Newmarket](#) today to see which is better for you.

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## Porcelain Onlays

A porcelain onlay is a custom-made filling that fits into the cusps of your tooth. If you have cavities around the edges or biting surfaces, this treatment may work best for you. Onlays cover only part of the crown's surface and last up to 15 years, unlike inlays, originally placed deep within the crown, requiring replacement every five years.

A porcelain onlay is the perfect way to avoid any discomfort during a dental procedure. With your dentist numbing the affected area, they will carefully drill and clean out all decayed material before customizing it with their moulding technique. Your dentist will apply a temporary layer until you get your final product just one day later.

Your dentist will recommend a porcelain inlay if the cavity is near or on one of the surfaces. If it's more towards the middle of your tooth to increase durability and strength, then they'll likely suggest an onlay instead.

In many cases, your dentist will recommend a porcelain onlay when there is not enough damage to warrant a crown, but it needs repair. Your **Newmarket Dentist** will decide which procedure you need based on the location and size of the cavity. Get an appointment with them today!

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## Porcelain Veneers

Porcelain veneers are dental veneers that use porcelain, one of the best materials for cosmetic dental procedures. Veneers, also known as dental porcelain laminates, fill the space between your teeth and the gum line. They're wafer-thin and bonded to the front surface of the teeth. Veneers are one of the most popular cosmetic dental procedures. Porcelain veneers are one of the best procedures to get for those who want to improve their smile.

Porcelain is the best material for veneers compared to resin composite because of its colour. Porcelain has a more natural look and even reflects light the same way a real tooth would.

Porcelain veneers are mainly to improve aesthetics, but they also help protect the tooth surface from damage. Veneers are beneficial for teeth that are worn down and misaligned. If you have chipped, malformed, and discoloured teeth, you may want to opt for veneers. Porcelain veneers are helpful if those damaged teeth are visible, like your front teeth. Veneers can also fix teeth with gaps between them.

The process of getting veneers is first the dentist will drill and reshape the existing tooth. Your dentist may opt not to numb the area, though you may insist if you feel that you need it. The dentist will then make an impression of the tooth. Your dentist will send your custom veneer to a dental laboratory, which takes about two weeks to a month. In the meantime, your dentist will place temporary veneers.

Talk to one of our **dentists in Newmarket** today to see if your teeth could benefit from porcelain veneers.

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## Tooth Whitening

Tooth whitening is a quick process that both lightens and brightens teeth. The process involves applying bleach to the tooth surface, which reacts with a UV or LED lamp for about 10 minutes. The dentist will also offer you some mouthwash containing fluoride after your appointment so it can help rebuild enamel on your newly white smile!

If you're tired of the yellowing on your teeth or are looking to enhance their brightness, getting a tooth whitening at the dentist's office is just what you need. Essentially it will lighten and brighten your smile by removing stains from food that have been in contact with them over time.

The most common teeth whitening formulations involve the use of either hydrogen peroxide or carbamide peroxide. This ingredient helps to dissolve stains, so your teeth get brighter as a result. Depending on what you prefer- professional bleaching in office or home with at-home treatments - formulas can vary from one another and their strength/processing time.

Teeth whitening does not work on all discolorations. Some people's natural tooth coloration is more brown or gray than others, and therefore they can't be made whiter with the bleaching process. Whitening procedures cannot lighten cosmetic restorations such as dental caps, veneers, crowns, and fillings.

If you're looking for a whiter, brighter smile that isn't going to cost your mouth its natural colour and health, some tremendous at-home whitening methods work well. The most popular of these is toothpaste or strips, which will help remove stains on teeth and leave them feeling clean. Another option includes gels with high peroxide concentrations to make quick progress without being overburdened by long periods of sitting under bleaching lights.

You might be considering whitening your teeth right now. But if you have sensitive gums and teeth, make an appointment today with your [Newmarket dentist](#) to know if chairside bleaching is for you.

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## Zoom!

Zoom teeth whitening is one of the most popular methods for bleaching your pearly whites, and it's also pretty quick. The process involves applying a white tooth gel to your front four or six teeth with an LED light shining from behind you as if on stage before you head out into the world again; after 15 minutes, all traces of coffee stains will be gone.

The Zoom whitening procedure is a dental technique for teeth that will make your smile brighter and whiter. The dentist will assess whether you have healthy gums or if there are any recent fillings on your tooth before recommending this method to help with the process of making white smiles. To get started, you must bring up these details while hearing about their treatment options.

Your dentist will put a protective cover on your lips and gums to keep you safe. You'll wear an in-mouth fitting so they can place the gel process onto your teeth properly, evenly distributing it between each tooth for maximum whitening efficiency. After 15 minutes of processing time

under blue LED lights that help activate hydrogen peroxide in the gel, more application is needed 2 or 3 times over with another 30 minute waiting period after each one - meaning this whole thing should take less than 60 minutes.

To keep your teeth white after bleaching, you should avoid having food and drinks that stain like coffee, red wine, dark berries and tea—additionally, smoking stains the surface of our teeth in time.

There is no stain prevention in Zoom teeth whitening, but it does do what it promises. Talk to your **dentist in Newmarket** to schedule an appointment if zoom teeth whitening interests you.

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## What is Periodontal (Gum) Disease?

Periodontitis is one of the most common diseases in humans. It affects about half of all adults, and it even impacts children, too! This disease results from an accumulation of bacteria that live below your gum line. These bacteria will eat away at any tissue or bone holding teeth in place until they eventually break off completely - which can be devastating to a person's self-confidence and appearance when talking with someone face-to-face for the first time.

People who suffer from periodontitis experience the following symptoms:

- The gums are swollen, red, and bleeding.
- Teeth may be loose or sensitive to touch.
- Pus surrounds teeth near the gum line.
- Chronic bad breath can develop as a result of infection taking over your gums and mouth.
- Chewing hurts because infected tissue

As the disease progresses, the symptoms of the illness differ. People may experience no pain while others suffer severe consequences. Contact your **Newmarket dentist** today!

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## Diagnosis

During dental exams, your **dentist in Newmarket** checks your gums' condition to prevent any underlying disease.

## 1. Clinical examination

To diagnose your mouth health, the dentist will need to take a detailed look at what's going on inside. They may use tools like periodontal probes or picks and dental mirrors for this purpose. During your first visit, they'll do things like check out how much gum tissue is attached around your teeth and make sure there aren't any signs of disease such as gingivitis or periodontitis.

## 2. X-rays

An X-ray can confirm periodontitis after the clinical examination. The dentist will take a total of 14 x-rays to get an accurate picture of your entire jawbone and see how it is doing.

## 3. Microbiological tests

Using a microbiological test, dentists can determine the type of treatment you need based on how harmful bacteria are present in your teeth. These details enable the dentist to give you a more customized and effective treatment.

## 4. Identifying the disease

Detecting the severity of gum disease and periodontitis is possible through classification. There's a recognized international system for these classifications, which includes grades and stages. Grades describe how fast the disease will progress while stages define its extent in different areas of your mouth. By using this classification, dentists can provide patient-specific solutions.

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## Treatments

Your mouth can contain both harmful and beneficial bacteria. The best way to avoid diseases is to visit your dentist regularly. The term gum disease refers to inflammation and bleeding of the gums. In the absence of early treatment, gum diseases can lead to more severe periodontitis.

In the case of gum disease, you must visit your dentist every six months for preventative treatment. Part of the preventive measures includes the following :

### Performing a basic dental cleaning

Your **dentist in Newmarket** will examine your mouth with a thorough evaluation. They may conduct several tests and an X-ray examination to find out if you have any dental problems before they proceed to teeth cleaning. Afterwards, the dentist will perform teeth cleaning.

## Deep cleaning of the teeth

Deep dental cleaning is an advanced technique that removes plaque and tartar from the tooth's deep pockets. Your dentist might recommend this procedure if your gum pocketing becomes too severe.

## Surgery

In cases of worsening inflammation, your dentist will suggest flap surgery to remove the deposits. The dentist will lift the gums away from the teeth to clean them and then stitch back up after cleaning, but if inflammation persists or bone loss is present, they may recommend grafting.

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## Maintenance

Periodontal treatment is successful when the patient practises good oral hygiene and follows their Newmarket dentist's instructions. Make sure your teeth are clean and healthy by visiting [Woo dental office](#) to prevent further damage or infection from periodontitis, which can have adverse long-term effects on our bones as well.

Periodontal treatment is a challenge, but it can be successful when the patient takes an active role in oral hygiene and your dentist's help. To keep teeth healthy, make sure to visit [Woo dental office today](#).

It is important to treat gum disease to prevent tooth loss and other complications. With the help of your [Newmarket dentist](#) and proper oral hygiene practices at home, periodontal treatment can successfully keep you healthy for life!

Depending on your situation, dentists recommend three to six monthly checkups. You cannot eliminate bacteria that cause infections in your mouth if you don't keep your mouth clean. To help you, [Newmarket dentists](#) will provide you with detailed instructions on maintaining your oral health.

Below are oral hygiene tips you can follow :

- 1. Ensure that you brush your teeth twice a day.**

You can remove plaque and germs from your teeth with a toothbrush. Brush your teeth softly with a bristle brush and use toothpaste formulated to prevent plaque buildup. You can use a mouthwash to keep your mouth clean and fresh.

**2. Regularly floss your teeth to keep them clean.**

When you floss your teeth, you can remove the bacteria, and food debris stuck between your teeth. With regular brushing and flossing, you can be free of gum diseases.

**3. Maintain a healthy diet.**

Consume foods such as meat, poultry, fish, vegetables, and fruits. As much as possible, avoid eating sugary food and drinks.

**4. Make regular dental appointments.**

In addition to your regular dental check-up, you should also undergo a periodontal disease assessment to spot early signs of dental issues.

**5. Quit smoking.**

There is no better time than now to stop smoking. In addition to aggravating periodontitis, tobacco can irritate gum tissues.

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## Causes of Periodontal Disease

The primary cause of gum infection is plaque. However, aside from plaque, other factors can contribute to periodontal diseases.

**1. Prescribed medicines**

Medicines prescribed to patients may have side effects. Bacteria can quickly spread in a dry mouth. Whenever you take a prescription medication, it would be best to consult your dentist to find out if it can affect your gum health.

**2. Hormones**

Hormones increase the risk of gum diseases. During pregnancy, women experience swollen, red, and bleeding gums. Consult your dentist or doctor if these symptoms persist after pregnancy.

**3. Smoking**

You may not realize it, but smoking can cause other diseases, such as gum disease and mouth ulcers. If you quit smoking, you can avoid a variety of conditions, including gum infection.

**4. Genes**

Gum disease can still occur regardless of oral hygiene habits because of genetic factors. According to research, family members who have a history of gum disease are more likely to develop it. Consult your dentist if you experience any of these issues.

#### 5. Plaque buildup

To avoid plaque build-up, schedule a regular dental visit to treat your teeth early. Without treatment, plaque can lead to an infection that can damage your teeth and gums.

#### 6. Poor nutrition

Those who consume too much sugar and carbs and are deficient in water and vitamin C may develop gum disease. Healthy eating, drinking plenty of water, and plenty of vitamin-rich fluids will help reduce gum disease.

Make sure to keep up with regular checkups as recommended. In the event, you notice any periodontitis symptoms, call your **dentist in Newmarket.**

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## Types of Periodontal Disease

## Types of Periodontal Disease

Most adults lose their teeth due to periodontal disease. The following are some of the most common types of periodontal disease and their treatments:

1. Chronic periodontitis  
Symptoms of advanced periodontitis include loss of gingival tissue, ligaments, and bone.
2. Gingivitis  
When your gums swell, bleed and are red, you have gingivitis. Lack of proper oral hygiene leads to gingivitis. If you see any signs of gingivitis, you should see your dentist.
3. Necrotizing periodontal disease  
These kinds of gum disease, wherein tissues die, are highly prevalent among people suffering from HIV and malnutrition. While gum tissue, periodontal ligaments, and alveolar bone will not degrade, they will lose nourishment, causing tissue death.

4. Periodontitis

Recessive gums, chronic bad breath, and pockets of pus are signs of periodontitis. If you see symptoms of periodontitis, you should visit your dentist as soon as possible.



#### 5. Systemic periodontitis

The cause of this condition is diabetes and systemic diseases of the lungs and heart. Furthermore, it increases the risk of stroke.

By visiting your [dentist in Newmarket](#) regularly, you can minimize your risk of acquiring periodontal diseases. Call today to schedule an appointment.

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## Signs and Symptoms

The effects of periodontal disease can last for years. Additionally, there is evidence linking periodontal disease to health problems. Check out the warning signs of periodontal disease you don't want to ignore:

#### 1. Bad Breath

You can develop bad breath when bacteria multiply in your mouth. Bacteria produce a strong smell, which contributes to chronic bad breath.

#### 2. Gum Pockets

In periodontitis, bacteria destroys the tissues and bone surround the teeth, causing pockets to form. The deeper the pocket, the higher the chance that bacteria will grow and spread.

#### 3. Bleeding gums

Plaque buildup in your mouth is the leading cause of bleeding gums. Consult your dentist when you notice your gums are bleeding or painful.

#### 4. Loose teeth and painful chewing

Teeth become loose with the progression of periodontal disease. Additionally, you will experience pain when you eat.

#### 5. Bone Loss

Without treatment, periodontitis will lead to bone loss. As bacteria reach your teeth and jawbone, they can damage the bone tissue, causing the bone to deteriorate.

#### 6. Gum Recession

Bacteria can grow in pockets when your gum line recedes. Consult your dentist if you notice any of these symptoms.

#### 7. Abscess Formation

When pus appears in your mouth, you have periodontal disease. The presence of pus indicates that you have an infection in your gums and tissues.

You should visit your dentist regularly. A dental appointment with your **Newmarket dentist** is vital if you notice any signs of periodontitis.

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## Mouth-Body Connection

Your mouth is the gateway to your best self. The bacteria in it can spread through to other organs, leading you down a path of infections like gum disease if oral hygiene isn't maintained by brushing and flossing regularly.

Periodontitis is a severe form of gum disease that occurs when too much bacteria in the mouth. The white blood cells travel to your gums and work hard to defend them from all the harmful effects caused by inflammation, such as bacterial infections or tissue damage.

Maintaining a healthy diet, regular dental visits and daily brushing will keep your mouth clean while avoiding diseases.

Talk to your **dentist in Newmarket** about ways to improve your oral health.

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## Periodontal Disease and Diabetes

A recent study has shown that people with diabetes are at a higher risk for dental problems. To avoid these issues, practicing proper oral hygiene can help.

In the mouth, bacteria can cause tooth decay and gum disease. A diabetic person's body releases more sugar in their saliva than an average person, providing an environment for rapid bacterial growth. That destroys not only teeth but also gums that have weak vessels to protect your oral cavity from invaders.

The periodontal diseases which can occur when you have diabetes are the following :

- Gingivitis
- Dry mouth
- Infection of gum tissues
- Fungal infection
- Sore mouth
- Tooth loss
- Tooth decay
- Abscesses

Here's what you can do to take extra care of your oral health when you have diabetes:

1. Monitor your blood sugar levels.
2. Brush and floss regularly.
3. Do not smoke because it weakens your immune system and affects your gum health.
4. Eat a low-sugar diet.
5. If you have dentures, clean them regularly.
6. Keep regular check-ups with your dentist.

It's essential to take care of your teeth and gums. At **Woo Dental**, your **dentists in Newmarket** offer various treatment options to help protect your smile. Contact **Woo Dental** today to find out more.

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## Periodontal Disease, Heart Disease, and Stroke

Various studies have shown that cardiovascular disease and periodontal disease are related. Gum disease, or gingivitis, is the most prevalent form of oral disease and affects people of any age. Gum disease can cause inflammation in your body.

Research has found that the bacteria *Streptococcus sanguis* is linked to stroke. Gum disease can also lead to heart disease. Fewer bacteria in the gums means fewer bacteria in the heart.

Research has shown that when bacteria are in your gums, it can make your arteries thicker. The thickness of your arteries means that your blood cannot reach your brain, resulting in a stroke.

Whether you have heart disease or not, routine dental cleaning should be part of your preventive care. Brush and floss twice a day and keep a regular schedule with your dentist. Call your **Newmarket dentist** to talk more about your oral health.

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## Periodontal Disease and Pregnancy

Did you know that a bacterial infection can destroy the tissue and bone? When this disease is left untreated, inflammation could pull back your gums, making teeth unstable.

Many pregnant women experience hormonal changes that can trigger the development of periodontal disease. If untreated, oral health problems could cause premature birth and affect a woman's unborn child. Seek treatment immediately to avoid these complications.

Here is how periodontal disease can affect pregnancy:

### 1. Prostaglandin

Periodontal disease can set off a chain reaction that has the potential to deliver babies prematurely. When periodontal bacteria increases, so do prostaglandin levels, which means labour for mothers could come earlier than expected.

### 2. Spread of bacteria

The bacteria in gums can travel through your bloodstream and affect other organs. In pregnant women, it can reach their mammary glands, which are not suitable for them or their baby.

### 3. C-reactive protein

C-reactive protein, or CRP for short, is associated with heart disease and premature birth. Periodontal disease can lead to high levels of this inflammatory marker in the bloodstream. Upon reaching a blocked artery, these clots can lead to a heart attack.

Thanks to modern medicine, there are now non-surgical treatments for periodontal disease. These treatments are specifically for pregnant women so they can have a safe delivery.

Consult your **Newmarket dentist** for a diagnosis and early treatment of periodontal disease.

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## Periodontal Disease and Osteoporosis

A recent study found that gum disease can have a negative effect on bone density and increase the risk for osteoporosis. Periodontitis affects the jawbone, which makes everyone more prone to low bone mineral density or osteoporosis.

Your **dentist in Newmarket** will review your medical history, clinical results and x-rays to see if you are at an increased risk of developing this condition.

Here are the possible signs of osteoporosis:

- Teeth loss.
- Bone loss around the mouth and teeth.

Having your symptoms detected early can dramatically reduce your risk.

After a diagnosis, your **Newmarket dentist** will work alongside the patient's physician so they can effectively manage this disease.

Here are the standard methods used to diagnose both osteoporosis and periodontitis:

### Identifying risk factors

Dentists will work together with doctors to assess a person's risk of developing periodontitis and osteoporosis based on their medical history.

### Routine dental x-rays

The dentist examines the jaw with X-rays to detect whether or not there is any periodontitis. By detecting osteoporosis, they can provide recommendations for better dental health and a healthier body.

### Estrogen supplements

A woman's estrogen levels decrease at menopause, potentially resulting in periodontal disease. Doctors advise that women take supplements containing estrogen to restore their hormone balance.

Not only is periodontal disease the leading cause of tooth loss in adults, but it's also a factor for heart disease and stroke. Schedule an appointment with your **Newmarket dentist** and know the benefits of early treatment.

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## Periodontal Disease and Respiratory Disease

Studies have found that there is a link between bacteria in the mouth and respiratory illnesses. The droplets from your mouth can sometimes cause pneumonia, bronchitis or chronic obstructive pulmonary disease.

The following explains why periodontal disease and respiratory disease are related:

- Bacteria

A specific kind of bacteria can quickly spread into your lower respiratory tract. Once it enters your oral cavity, it can lead to pneumonia.

- Inflammation

Inflammation is your body's way of responding to infections. Sometimes inflammation can be painful, and it can contribute to the risk of lung infections.

- Tobacco

Smoking is one of the fastest ways to ruin your gums. The bacteria in tobacco can seep into your gum pockets.

- Low immunity

Low immunity can speed up the progression of periodontal disease. It can also increase your risk of developing pneumonia.

Bad oral health can lead to a variety of different illnesses that may make your life difficult. Talk to your **Newmarket dentist** about how to treat your periodontal disease. Schedule an appointment with us today and experience dental care like no other.

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## Air Abrasion

Air abrasion is a painless and less invasive way to prepare your teeth for restorations. The instrument releases compressed air with finely powdered particles that gently remove plaque from the tooth surface.

Air abrasion tools are used with suction tubes that ensure neither the dentist nor patient inhales particles.

With air abrasion, patients will have a less painful experience, and it won't damage teeth. With this method, there is no need for numbing or anesthesia either.

The application of this tool has helped our **dentists in Newmarket** and our patients with pain-free procedures.

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## Amalgam Fillings

Amalgam fillings are made of liquid elemental mercury and a powdered alloy, usually silver. These days there are better alternatives to filling cavities with this amalgam metal.

Many people are having amalgam fillings removed for a safer alternative, like resin composites or porcelain. Even though they have been proven durable, there is the disadvantage of their mercury content that can be unsafe.

Amalgam fillings are made of metal, which can be very noticeable. They also do not fare well with hot or cold foods because when the temperature changes, it expands and contracts.

If you or someone you know regrets their amalgam fillings, talk to your [Newmarket dentist](#) today for a possible replacement.

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## Composite Fillings

If you have cracked teeth or cavities, your dentist will likely suggest a filling.

Fillings are the bane of dentists everywhere. They are from all sorts of materials, but composite fillings have become more popular and cost-effective than ever before.

### Steps when filling a tooth

1. The area is with anesthesia.
2. Your dentist uses a drill or laser to remove the decayed area, if any.
3. Your dentist cleans the tooth that needs filling. Depending on how much decay is there, your dentist may place a liner to protect the nerve.
4. Your dentist applies composite fillings in layers. To help each layer harden faster, your dentist will use a blue light.
5. Once all layers are hard, the area will be filed and shaped to the form of your bite.

### Aftercare and maintenance

After your procedure, avoid acidic and sugary foods that can wear down the filling. If you experience problems after, make sure to visit our [dentists in Newmarket](#).

Composite fillings can last anywhere from 5 to 10 years, depending on your oral health. You should be careful when brushing and flossing around that area. If grinding is a habit for you, talk to our dentist about getting fitted for a nightguard.

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## Crowns (Caps)

Dental crowns can give you a smile that shines. Crowns are fixed prosthetics cemented onto the natural teeth and used to cover fractured or chipped surfaces. Porcelain crowns or porcelain caps are the most natural and long-lasting option for repairing a tooth.

### Crown vs veneers

Though veneers may be more aesthetically pleasing, crowns are usually necessary to strengthen teeth. Crowns can also protect the tooth from further damage and decay, which might happen over time without one in place.

A crown is a custom-made dental fixture that will be made by creating an impression of your teeth and taking the time to make sure it fits seamlessly. If you're having pain in a tooth, you might need a crown. Call and make an appointment with your **Newmarket dentist** today to know your options.

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## Dental Implants

Dental implants are the new standard, and for a good reason. A dental implant is inserted where teeth used to be that then fuses into your jawbone in just months. The implant provides a structure for the fixture so it can stand on its own. The benefit of a dental implant is it doesn't affect the teeth around it because it has its own root.

### Titanium dental implants

Titanium is the most common metal used for dental implants. It is the best material for the job because of its compatibility with our bodies. Despite being a metal, it does not rust over time.

Dental implants can be an excellent alternative to bridgework if you have good oral health. If you want to know what options are best for you, talk to one of our **dentists in Newmarket**.

One important thing to note with this treatment is that the patient mustn't be a smoker. This procedure has a success rate of 98%, given that the implants fully integrate into the bone for a few months.

Dental implants not only fill the gaps in your teeth but also help improve speech. Now you can smile with confidence and be more outgoing!

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## Dentures and Partial Dentures

Dentures and partial dentures are very different. If you're only looking to replace one or more teeth, a partial denture might be the way to go. Partial dentures connect with metal frames that keep them in place and maintain your smile.

Complete dentures, which come in two types, conventional and immediate, replace all the teeth. This process involves extracting some natural teeth as well. Conventional are placed eight to twelve weeks after tooth extraction to give time for gums to heal fully.

Immediate dentures require little preparation and can be placed immediately. You will need to go back for adjustments once the gums heal.



If you're looking for professionals to speak to about dentures, our team of **dentists in Newmarket** will be happy to help.

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## Empress Restorations

Empress® is a brand that makes restoration materials that look and function like natural teeth.

Empress® products are not only affordable but also durable. The process of heat-pressing their ceramic material makes them more solid than other restoration product alternatives. Their unique coating is what sets them apart since it provides 50% higher protection.

Empress® has a wide range of restoration products, including veneers, crowns, inlays etc. Their material is biocompatible and metal-free. It also comes with excellent craftsmanship that can easily adjust the colour or transparency to match the rest of your teeth.

Talk to your **Newmarket dentist** about Empress® products on your next restoration!

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## Fixed Bridges

Fixed bridges are an excellent option if you have a gap in your smile. They help to keep the surrounding teeth aligned and also aids with chewing and speaking correctly again.

Fixed bridges are an excellent alternative to removable partial dentures. Fixed bridges cover more than just two adjacent teeth. They are attached like a natural tooth and can replace any number from one to eight individual lost or damaged teeth.

You will need to come back twice for this procedure. On the first visit, your dentist will take a mould of your teeth and give you a temporary bridge. On your next appointment, they'll fit the custom-made perfect bridge over the impressions.

With good oral hygiene and regular check-ups, fixed bridges can last 5 to 15 years. Make an appointment with your **Newmarket dentist** today if you think you may need fixed bridges

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## Inlay Restorations

Inlays are a standard dental procedure that restores missing tooth enamel. A filling is made to fit as a single piece for the affected tooth and replace lost minerals in your teeth's center, rather than being on the side or along the edge of their surface.

Dental inlays are a painless process, as your dentist will numb the affected area before starting. Afterwards, they'll drill out any decayed parts and clean around the tooth.

An inlay is performed when the damage to a tooth has only affected its surface, while an onlay is more appropriate for deeper decay.

Contact our **dentist in Newmarket** today to which procedure is better suited for your needs.

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## Onlay Restorations

An onlay restoration is a custom-made filling that fits into the cusps of your tooth. If you have cavities or cracks in the biting surface, an onlay may be what you need to restore them to their original form and health.

Your dentist will numb the affected area before starting. Then, they'll use a high-tech drill to gently remove all of that decayed tooth so you can have your custom onlay made quickly and painlessly.

The difference between an onlay restoration and an inlay is the extent of tooth damage. An onlay will typically be used to repair a cusp that was damaged. An inlay would usually only happen when your cavity has been centred into your tooth.

Call for an appointment with your **Newmarket dentist** today to talk about your restoration options.

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## Root Canal Therapy

Toothaches are a common problem, but when left untreated, they can lead to more severe problems. Root canal therapy is an effective procedure for fixing severely damaged teeth that have infected pulp.

### Surgical vs non-surgical root canal therapy

Root canals aren't always a big deal, especially if you opt for the non-surgical route. In most cases, root canal therapy doesn't even require surgery!

When the tooth is too infected, though, that's when surgery is needed. This procedure requires making an incision on the gum line so the dentist can reach the tooth pulp. Don't worry, though, since this procedure usually comes with anesthesia.

If you need root canal therapy, talk to your **Newmarket dentist** today about your options.

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## INVISALIGN

Invisalign is a new invention that helps people with misaligned teeth. This process takes about two years, but it really works!

Schedule a consultation with your **Newmarket dentist**. These are the most common dental issues that an Invisalign can fix :

- Crowded Teeth
- Open bites
- Crossbites

Once your dentist determines that you're a candidate for Invisalign, they will take these steps:

- Check your smile
- Check your overall oral health
- Scan your mouth

After that, your dentist then makes a mould of your mouth. Once it's ready, you should wear your Invisalign for 20 to 22 hours a day. Remove your clear aligners when it's time to do your dental care routine.

Chat with our **dentists in Newmarket** to discover how Invisalign can help you discreetly shape your dream smile.

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## ORAL & MAXILLOFACIAL SURGERY

Maxillofacial surgery is a branch of oral surgery that handles pain involving the teeth, jaws, bones or tissues in your face. When you have a severe toothache or any other sort of maxillofacial injury, such as dental implants gone wrong, it can take up to six months for recovery before you can resume your regular routine again.

Here are some of the common surgeries maxillofacial surgeons can do:

- Wisdom tooth extraction

- Dental implant surgery
- Facial injury and trauma surgery
- Treatment of head, neck, and oral cancers
- Corrective jaw surgery
- Facial cosmetic surgery

Make an appointment with our **dentists in Newmarket** for a consultation today.

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## Bone grafting

Bone grafting is a surgical procedure to replace lost bone and restore facial features.

Types of dental bone grafts:

- Allografts use a bone from a cadaver.
- Xenografts use bone from animals such as pigs, cows, or even corals.
- Alloplasts use calcium phosphate for bone grafts.
- Autografts involve the use of your bone from your hip or jaw.

After a bone graft, it is common for patients to experience swelling of the gums and minor bleeding. Dietary restrictions, like only eating soft food, must be observed. Talk to our **Newmarket dentist** about this restoration procedure.

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## Dental implants

Dental implants are the new standard, and for a good reason. A dental implant is inserted where teeth used to be that then fuses into your jawbone in just months. The implant provides a structure for the fixture so it can stand on its own. The benefit of a dental implant is it doesn't affect the teeth around it because it has its own root.

In preparation for your titanium implants procedure, your **Newmarket dentist** will ask that you rinse with chlorhexidine. Chlorhexidine is a special antibacterial mouthwash that can help prevent infection and cavities. Make sure not to eat or drink anything after midnight if opting in on IV sedation for surgery.

If you want a dentist to give you that perfect smile, head on over to **Woo Dental**. We are committed to providing patients with quality service.

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## Oral pathology

Why have an average dentist when you can use a specialist? Oral pathology focuses on diagnosing and treating diseases related to your teeth, gums, bones, and muscles.

Look out for these signs when you do a self-examination before seeing your **Newmarket dentist**:

- Changes in the lips, cheeks, palate, tongue, tissue, face and neck
  - Red or white spots or lumps in your mouth
  - Sores or wounds that do not heal or occasionally bleed
  - Sore throat that can last for weeks or months
  - Gums that are inflamed, sore, or bleeding
- 

## Gum recession

Gum recession is a dental issue that causes the surrounding gum tissues to recede from teeth and form pockets. When left untreated, tooth loss can occur due to bacterial accumulation. Unfortunately, people do not notice this problem right away. It often goes unnoticed until there are obvious signs of decay or infection.

These are the most common causes of gum recession:

- Brushing your teeth too hard
- Periodontal diseases
- Genes
- Poor oral hygiene habits
- Teeth clenching and grinding
- Hormonal changes

If you notice any changes in your gum line, visit your **Newmarket dentist** to help you right away.

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## Oral cancer exam

Ever wonder what your dentist is checking when they examine the base of your mouth and tongue? Your regular dental visits help doctors identify any possible signs of oral cancer. They may also perform additional testing to find abnormal cells within the mouth.

Your **dentist in Newmarket** performs these two exams for oral cancer screening:

- Physical exam

Your dentist will touch your face, mouth, and neck to check if some masses or nodules can be felt.

- Visual exam

Your dentist will examine your mouth and look for any swelling, spots or abscesses.

The early stages of oral cancer can be painful despite some symptoms being undetected. This is why your dentist may suggest regular screenings.

Once signs of oral cancer are found, your **Newmarket dentist** may suggest:

- A follow-up visit in a few weeks to observe the abnormal area.
- A biopsy of the gathered sample cells.
- A referral to a doctor who specializes in treating or diagnosing oral cancer.

Book an appointment with our **Newmarket dentist** today. We will be happy to speak with you about your concerns.

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## Periodontal scaling & root planing

Sometimes, when you don't practice your oral hygiene regularly, plaque hardens on your teeth. The result is not only unsightly, but also threatening to your oral health. When plaque and tartar remain on your teeth, they damage your gums and other surrounding tissues. These are the typical steps your **dentist in Newmarket** do during scaling and root planing procedures:

1. Local anesthesia administration

To control the pain, the dentist administers local anesthesia to the area affected. The patient stays awake while under the medication however, they will no longer feel the procedure.

2. Scaling

They remove the plaque in the gums and between the teeth crowns. Depending on your dentist, they may use a manual or ultrasonic scaler to do the procedure. Today, modern technology is more ideal because it's more accurate and quick. It easily scrapes and cleans the surfaces to remove the plaque and bacteria.

3. Root planing

The dentist reaches beneath the gum line, especially when the teeth and gums are already infected. To do this, they clean deep in the roots and remove the film covering the tooth root.

#### 4. Applying antibiotic medication

The dentist carefully irrigates your gums with antibiotics to disinfect them. After a few days, healing gums will gradually connect to your teeth.

Your dentist may recommend scaling and root planing twice a year for, especially if you're suffering from periodontal disease. Contact your **Newmarket dentist** to learn more about this procedure.

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## Pocket irrigation

Pocket irrigation is part of the process of deep cleaning of teeth. When the gums are infected, they form pockets that provide more room for the growth and spread of bacteria. This leads to tooth loss, as the gums no longer have a firm grip on the teeth.

In addition, pocket irrigation can save teeth and gums with these results:

- Prevents bad breath. Sometimes food residues remain in your mouth even after brushing your teeth. Those are mainly the culprit of bad breath. Pocket irrigation detects and removes these waste, giving the mouth a cleaner and fresher breath.
- Save the gum line. During the procedure, dentists use pocket irrigators with rounded tips to eliminate tissue damage. This procedure protects the gums from bacteria and toxins.
- Eliminates harmful bacteria. Pocket irrigation allows deep cleaning between dental spaces. It can keep gum pockets clean and make gum tissue healthy, as it is free of harmful bacteria.

How does it work?

Using a portable power tool, your **dentist in Newmarket** injects water into the dental pocket to produce irrigation. With the flow of water, the tartar and plaque is effectively removed. After cleaning, your dentist will apply a prescription antibacterial gel to prevent future infections.

Caring for teeth with bag irrigation is possible with your newmarket dentist. It is a simple, non-invasive procedure that requires no perforation or anesthesia. With watering bags, you can finally get rid of periodontitis and bad breath.

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## Pocket reduction surgery

When bacteria is accumulated in the gums, it results in gum disease. Treatment is available for this problem, however, if it isn't given attention right away, it could lead to tooth extraction. If you want to avoid this, your **Newmarket dentist** can perform pocket reduction surgery to save the tooth and effectively remove gum pockets.

If your gum disease is severe, you might need pocket reduction surgery which will take 2 hours. These are the steps that you can expect:

First, the dentist administers anesthesia to avoid pain in the gums.

Next, he cuts in the gumline, pulling it away to remove the bacteria in the area.

Then check the bone to see if there is damage. In case the damage is severe, you might need bone grafting.

Finally, the dentist stitches the gums together and applies a dressing.

Listen intently after the pocket reduction surgery. Your dentist will provide you with recommendations and post-dental care instructions.

For a speedy recovery, follow these tips:

- Only eat soft foods
- Avoid strenuous activities
- Use salt water to rinse your mouth
- Apply an ice pack on the affected area to minimize the swelling.

Call today to learn more about this procedure and how it can change your life forever.

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## Prophylaxis (teeth cleaning)

The mouth contains microorganisms and bacteria that can be harmful and useful. Gum disease occurs when signs of inflammation and bleeding appear. Prophylaxis refers to a procedure to thoroughly clean teeth and reduce inflammation of the gums. This procedure will help prevent periodontal disease.

A regular visit to the dentist includes a series of exams before cleaning your teeth. Dental cleaning includes a dental exam in which the dentist detects signs of mouth problems. In some cases, the dentist may also perform an X-ray to check the condition of the internal teeth and jaw. The dentist will continue to clean your teeth.

Removing plaque and tartar. With a mirror and brush, the dentist scrapes visible tartar and plaque from the teeth. Tartar and plaque are most often found between the gums and teeth.



Electric brushing. The dentist brushes your teeth with an electric brush to clean them completely. The dentist also uses abrasive toothpaste after peeling.

Expert dental floss. With the help of dental floss, the dentist identifies the areas in which most of the tartar is hidden and effectively removes tartar.

Fluoride treatment The use of fluoride treatment is the last step of cleaning. Your dentist uses a sparkling gel for the mouthpiece that you should wear for one minute. After removing the nozzle, the dentist applies fluoride varnish to make the teeth shine.

Your smile is the first thing people notice about you. But what if your teeth aren't as white and shiny as they could be? The good news is that there are many ways to improve your smile. Make an appointment with your [Newmarket dentist](#) and restore that pearl white.

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## Regenerative procedures

The bone may collapse due to periodontal disease. Without bone to hold the teeth in place, the teeth cannot remain in place. To prevent this from happening, periodontists use procedures that stimulate bone growth. These techniques are called regenerative procedures aimed at growing the bone around the tooth and supporting the root of the tooth.

These procedures can help restore lost bone and tissue according to the patient's needs:

### Bone grafting

Bone grafting involves a bone addition process to support the affected jaw. Helps secure dental implants. With bone grafting, the dentist performs the bone grafting procedure first. After months of healing, the dentist adds dental implants. In addition to restoring the jaw, bone graft can fix the shape of the face.

### Guided Tissue Regeneration

GTR guided tissue regeneration uses a biodegradable or non-biodegradable artificial membrane. Soft tissues can not grow in these rooms. The membranes block the rapid growth of tissue cells and allow the development of bone cells.

### Proteins

There are cases when periodontists apply a protein gel to the root of the diseased tooth. Protein induction stimulates bone and tissue growth.

### Soft tissue grafts

A gum graft may allow tissue regeneration when the gums are removed. To fill areas where tissue is scarce or missing, the dentist uses a small piece of tissue removed from the roof of the mouth or donor tissue.

During these procedures, the recovery period of the patient depends on the severity. Contact your newmarket dentist to talk about restoring bone and rescuing teeth.

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## Ridge modification

Deformity of the bone due to injury, genetic condition or trauma may leave too little bone to support the teeth. In this case, the periodontist will conduct a ridge modification procedure to restore the bone.

Ridge modification involves pushing the gum away from the ridge to expose the bone below. The **dentist in Newmarket** will fill the area with a bone coming from a donor or your own body. Once the ridge is built on the desired level, he stitches the gums back. The recovery period allows the new bone to grow and fuse with the existing bone.

There are different techniques used during the ridge modification procedure. These techniques vary in their application depending on the bones that were lost.

- Onlay graft  
This technique regenerates the bone using a bone block in the deficient area. The periodontist obtains the bone piece either from a tissue bank or another patient's jaw
- Guided bone regeneration  
This type of technology uses a biodegradable or non-biodegradable membrane to regenerate the jaw.
- Ridge splitting  
Ridge splitting is a technique wherein the periodontist splits and expands the ridge so implants can be placed.

Ridge modification is a dental procedure that restores full function to the mouth, dramatically improves self-esteem, and enhances your smile. Are you looking for a dentist near you who offers ridge modification? Contact your **Newmarket dentist** to know more about the procedure and other dental services.

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## Sinus augmentation

Many people who need implants don't have enough bone support to undergo the procedure. With the enlargement of the sinuses, your **Newmarket dentist** can increase the bone volume of the upper jaw.

Most of the time, the dentist cannot place dental implants due to bone loss in the jaw. Several factors contribute to bone loss in patients:

- Gum disease
- Teeth fall into the upper jaw
- Bone absorption after tooth loss.

The procedure begins when the dentist cuts the gums. After removing the tissue, the bone is exposed. Then fill a small hole in the bone with the bone graft. Finally, sew the cut together. The healing process usually lasts 4-12 months. For your dentist to place dental implants, the jaw must be completely cured. Your **Newmarket dentist** will let you know when to use dental implants.

After the sinus augmentation procedure, people may feel discomfort and even swelling. There is also bleeding in the nose and mouth, but these side effects are typical and not serious. To prevent infection and relieve pain, the dentist may give you pain relievers, antibiotics, and an antibacterial mouthwash. Make an appointment with your dentist today and make your mouth feel healthier than ever.

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## Soft tissue grafting

Gum grafting is a quick and simple procedure that corrects gum recession. The periodontist covers the receding gums with healthy gum tissue.

There are types of gum grafting that depend on the extent of the damage and the patient's needs. In some cases, the periodontist may not remove gum tissue from the mouth, but rather use a tissue bank. This process is called soft tissue grafting. The **Newmarket dentist** may use a tissue bank as a source rather than removing gum tissue from a patient's mouth.

### **Connective tissue plant**

This procedure cuts a cutaneous flap from the patient's mouth. The periodontist then removes tissue from under the upper layer of the palate. The tissue is then sewn into the gum that has been laid down to cover the root of the exposed tooth.

### **Free gum graft**

This procedure is similar to a connective tissue plant. The only difference is that the tissue is removed directly from the palate without cutting a cloth. This method is most often used in patients with naturally thin gums.

### **Pedicle gum transplant**

This gum transplant method removes tissue directly from the surrounding gum line instead of the palate. The periodontist cuts a flap from the gums. The tissue is then pulled up or down to cover the root of the exposed tooth before sewing it into place.

Receiving gum grafts can help you regain a healthy smile by restoring gum tissue and protecting your teeth. If you're considering soft tissue grafts, talk to your **Newmarket dentist** about the best options for you.

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## **ENDODONTICS**

Endodontics deals with studying the diagnosis and treatment of dental pulp, the inner tissue of the tooth. Originally, endodontics came from the Greek words edo and odont, meaning inside and tooth, consecutively. An endodontist is the specialist in endodontics and performs the following:

- Removal of pulp
- Root canal reshaping
- Getting rid of an infected root canal
- Filling the root canal

Your **dentist in Newmarket** can perform the following standard endodontic procedures:

### Root canal treatment

This procedure aims to save your teeth from extraction. Some dental pain is caused by infection inside your tooth, which if left without treatment will risk your oral health. To prevent that, root canal therapy is necessary. During root canal therapy, your dentist removes the infected pulp and makes sure the root chamber is clean before sealing it.

### Endodontic surgery

Sometimes, the tissues around the affected area will not totally heal post-root canal therapy. This is when endodontic surgery becomes necessary. The dentist will cut the gum tissues to expose the infected area. This way, the infected tissues are easily removed and cleaned. After which, the dentist seals the root with a filling.

## Endodontic re-treatment

Endodontic retreatment is the process of re-crowning the tooth and cleaning the root canals. The endodontist conducts this procedure when the root canal treatment fails.

Endodontics can save a tooth from extraction. Are you in need of a root canal or other dental treatment but don't know where to go? Visit your **Newmarket dentist** to get the care you deserve.

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## Cracked tooth

Your teeth are prone to cracking. The bigger problem is that cracks usually do not become apparent until a bit of pain appears every time you chew.

When you have cracked teeth, you may experience various symptoms, including intermittent pain when chewing or when exposed to extreme temperatures. Generally, dentists have trouble pinpointing which tooth is causing discomfort since tooth pain often comes and goes.

According to the degree of damage to the tooth, the type of treatment will vary. Find out what treatment is right for you by asking your **dentist in Newmarket**:

- Veneers  
Suppose the tooth still has a significant portion of its original structure. In that case, your dentist might suggest you get veneers since they last for a long time and require little tooth removal. A veneer is a thin layer of plastic material designed to fit the front surface of the teeth.
- Crowns  
In cases where veneers won't work, your dentist uses crowns instead. Dental crowns make the infected tooth stronger and appear more natural.
- Bonding  
In this procedure, dentists fill the cracks with resin. Bonding repairs any small chip and returns the tooth to its original shape.
- Cosmetic contouring  
When the crack is small, your dentist opts to use cosmetic contouring where the edges of the teeth are polished to blend the fracture.

The good news is that cracked teeth do not last forever. There are treatments available, which will help you achieve a beautiful smile again. If your cracked teeth are causing you pain, schedule an appointment with your **Newmarket dentist**.

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## Root amputation

To manage root fractures in molars, a **Newmarket dentist** performs root amputations. As a result of this procedure, teeth and bones are saved. Not all teeth are qualified for root amputation. For root amputation, teeth should have a firm tooth surface, strong bone, and healthy gums.

When you experience the following, your dentist may recommend root amputation:

- A broken or injured tooth
- Bones loss due to gum disease
- Tooth decay
- Bacterial infection in the tooth

Before your **dentist in Newmarket** performs root amputation, they will conduct a root canal treatment. Your dentist will sever the nerves and the blood vessels located deep inside the tooth during the amputation. Once the root separates from the rest of the tooth, the dentist removes it. He stitches back the tissue to seal the wound after cleaning the area with a saline solution. The last step is to put a temporary crown to hold the tooth in place. After 7-10 days, your dentist removes the stitches and places the permanent crown.

A root amputation can be an effective way to avoid extraction and keep as much of your healthy tooth as possible. Don't wait until the problem gets worse. Call today for an appointment with the **Newmarket dentist** and get the help you need right away!

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## Root canal retreatment

There is a possibility that a tooth that has received root canal therapy will not heal properly. Consequently, the tooth will begin to decay and hurt in the coming weeks or months. Root canal retreatment is the process of re-crowning the tooth and cleaning the root canals.

There are several reasons why root canal retreatments are necessary.

- Leaking filling material from the cracked crown.
- New decay tooth
- Broken tooth
- Delayed placement of dental restorations.
- An injury occurred to the tooth

During the procedure, the **dentist in Newmarket** will administer local anesthesia. Using a rubber dam, your dentist will isolate the affected tooth to protect it from saliva and bacteria. The duration of the process will depend on the level of inflammation present in the affected tooth.

In a root canal retreatment, your dentist will first check the inner tooth. They will remove any placed crown, filling material, or any obstructions that block the root canals using a handpiece. In reshaping the root canals, your dentist will make use of tiny instruments. Moreover, to make sure they are clean, they will perform an X-ray of the roots. The spaces are sealed with gutta-percha after your dentist cleaned the channel. Gutta-percha is a type of sealant that prevents bacterial infections in the canals. Lastly, your dentist will apply the temporary crown or filling to the tooth.

If you're in pain, it can be hard to think about anything else. But if your tooth is infected and needs root canal retreatment, there are some things you should know before deciding on treatment. Your **Newmarket dentist** will help you understand what the procedure involves. Schedule an appointment for more information.

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## DENTAL ANXIETY AND FEAR

Anxiety or fear experienced by patients in the dental setting is referred to as dental anxiety. The condition often occurs when needles or even drills trigger the patient. When this happens, the patient delays or avoids any form of dental treatment.

You will know that a person suffers from dental anxiety when they have the following warning signs :

- Feeling sweaty
- Crying or panicking
- Withdrawal
- Palpitations
- Low blood pressure
- Trouble sleeping the night before the dental exam
- Extremely nervous in the dental waiting room

In most cases, people with traumatic dental experiences suffer from dental anxiety. Some fear dizziness, feeling faint, or nausea following anesthesia. The delay and avoidance of dental appointments can lead to oral health problems in the long run. It would help if they can find a dentist who can understand what they are going through. The good news is there are many ways on how to manage dental anxiety. Here are some techniques that **Newmarket dentists** use to assist individuals :

1. Meditation
2. Hypnosis
3. Guided imagery
4. Muscle relaxation
5. Deep breathing exercises

Aside from the techniques mentioned above, other dentists will use anxiety-relieving medication, sedation, and general anesthesia to reduce patients' dental anxiety. Discussing your fears with your **dentist in Newmarket** will help you overcome dental anxiety. If your dentist understands what makes you uncomfortable, they will be better able to help you overcome your dental fears.

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## SEDATION DENTISTRY

Having dental anxiety can make a person be more at risk for oral health problems. With the help of dentistry advancements, patients who suffer from dental anxiety can find peace and calmness in the dental chair through sedation dentistry.

During the dental appointment, the patient feels relaxed due to sedation dentistry. A person will feel less aware of his surroundings when put under sedation. Although this is the case, the patient is still able to respond to nudging.

Your **Newmarket dentist** uses the following sedation methods:

- Oral sedation  
The patient takes a pill that will make him tired, but you are still awake. In most cases, the patient consumes an hour before performing the procedure.
- IV sedation  
Through an injection into the veins, the sedative drug takes effect more quickly. By adjusting the IV sedation levels, the dentist can ensure a comfortable experience for their patients.
- Inhaled minimal sedation  
Inhaled minimal sedation allows the patient to inhale nitrous oxide, which helps them relax. In addition, the dentist can determine the level of sedation the patient receives.
- General Anesthesia



Among the sedation options available, general anesthesia makes the patient sleep deeply. The patient is unconscious during the procedure. When the effects of the anesthesia have worn off, the patient will be awake.

Make sure you speak with your **dentist in Newmarket** about your fears and concerns before your dental appointment. Depending on your situation, your **Newmarket dentist** will recommend the type of sedation suitable for you.

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## DENTAL EMERGENCIES

Dental emergencies, such as injuries to the teeth or gums, can be dangerous. The consequences of not treating dental problems right away can impact your oral health and cost you a lot of money.

The most common dental emergencies are tooth decay, gum disease, and chipped teeth. While prevention is the key to maintaining your oral health, knowing what to do in an emergency will save you from suffering irreversible damage.

### 1. Chipped or broken teeth

The rest of the parts should be saved and rinsed with warm water. You should apply gauze in the area if bleeding occurs. Try using a cold compress near your broken cheek or outside your mouth to reduce swelling.

### 2. [Toothaches](#)

Remove food particles in the affected tooth by rinsing your mouth with warm water and using dental floss. Make sure you do not apply any painkillers to your gums, for they could burn the tissue. A visit to your dentist is necessary if you suffer from tooth pain.

### 3. Broken braces and wires

Try repositioning the broken wire using the eraser end of a pencil. If you cannot move the wire, use a small cotton ball to cover it until you can get to the dental clinic. Visit your orthodontist as soon as possible.

### 4. Soft-tissue injuries

Soft tissue injuries result in bleeding. Controlling bleeding in the mouth requires the use of saline solution. For 15-20 minutes, moisten a piece of gauze and place it over the bleeding area. Immediately contact your dentist if bleeding continues.

### 5. Objects stuck between teeth

Remove the object very gently and carefully using dental floss. You should not poke the objects using a pin or other sharp objects. You risk cutting your gums or scratching your teeth with these instruments. See your **dentist in Newmarket** if you cannot remove the thing.

Dental emergencies can happen to anyone. Being prepared for dental emergencies can save you time and money and avoid permanent dental damage to your oral health. When something happens, remain calm and contact your **Newmarket dentist**.

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## DENTAL IMPLANTS

Today, dental implants are the most common method of replacing teeth. If you have missing teeth and want to keep your natural teeth, they are an excellent option for you. Depending on the type of implant and the condition of your jawbone, your dentist will install dental implants differently.

Your dentist will still evaluate the state of your teeth before recommending a dental implant procedure. The majority of patients in good health can receive dental implants via oral surgery. The bone and gums must be healthy before the dentist places an implant. They should also be capable of maintaining good oral hygiene and be committed to visiting the dentist regularly.

Below are the steps your **dentist in Newmarket** follows when placing dental implants. Before dental implant treatment, your dentist will let you rinse an antibacterial wash to prevent infection.

1. 1st phase

During the first appointment, you will receive anesthesia around the area of the missing tooth. Afterwards, your dentist creates a hole on top of the metal post to attach it to your gums. After this procedure, the gums and bones are allowed to integrate with the metal post and heal.

2. 2nd phase

A few months after the initial appointment, the next phase of the dental implant procedure occurs. The goal is to ensure osseointegration is successful. During this period, your **dentist in Newmarket** will expose the metal post by opening up the healed wound. They will then attach a small extension and make an impression. Based on the impression, your dentist makes the crown.

3. Final Step

He completes the crown and attaches the implants. Since you have already completed the dental restoration, this is the last step in the procedure.

Following the procedure, dental implants patients typically experience only low levels of discomfort. After surgery, it is best to listen to your dentist to post oral surgery instructions.

Are you ready to take your smile to the next level? Schedule an appointment with your **Newmarket dentist** and bring back that confident smile.

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## Single tooth replacement

If you have missing teeth and want to keep your natural teeth, dental implants are an excellent option for you. Depending on the type of implant and the condition of your jawbone, your **Newmarket dentist** will install dental implants differently.

Single tooth replacement does not affect other teeth. When the implant replaces the natural tooth and root, your bones and gums become healthy. Implants can also keep the bones intact.

Here's what your **dentist in Newmarket** does when replacing a single tooth:

1. You will be required to undergo an x-ray during your first appointment with your dentist to have a clear picture of your tooth and jaw.
2. Your dentist gives you local anesthesia so you will not feel any pain during the procedure.
3. Next, the dentist places the artificial tooth on top. The procedure is also simple and not likely to cause any pain.
4. Once the dentist places the crown, it will enable you to use your teeth as you usually do. Your implanted tooth will function in the same way as your natural teeth.

There is no doubt that dental implants are successful and long-lasting. The placement of a single dental implant may not only boost your confidence from an aesthetic standpoint. It will also help to improve your oral health.

To find out more about the single tooth implant process and how it can benefit you, schedule an appointment with your **Newmarket dentist**.

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## Multiple tooth replacement

If you are looking for a more lifelike replacement for your removable dental bridge or dentures, multiple tooth implants are perfect. Multiple dental implants can do the following:

- decrease the rate of bone deterioration
- maintain a healthy gum line
- restores natural ability to chew and bite
- natural and comfortable
- rebuild the facial structure.
- no restrictions on what you can eat

When you meet the following requirements, you may be a good candidate for a multiple tooth replacement:

- Several teeth are damaged consecutively.
- Consider replacing removable dentures or dental bridges.
- There is enough density in your jawbone to support the implant
- There are two or more missing teeth in your mouth.
- Overall, you are in good health.

Your **dentist in Newmarket** will apply local anesthesia to numb your mouth before beginning the procedure. To support your bridge, your dentist will place new implants. Your dental restoration will depend on how many teeth you need to replace and how large it is. Over the next two to six months, the implants will fuse with the jawbone, and your dentist will apply a temporary restoration.

As soon as this process is complete, your dentist uncovers the implants and attaches the extensions. Your replacement teeth will then be attached to the implants in your jaw. You will need to wait a few months between visits to allow your implant to integrate into your jawbone. Following surgery, you can expect to be able to return to your routine within one or two days. If you experience pain and swelling, you can get relief quickly with pain medications.

Are you looking for a dentist who can replace your missing teeth? Your **Newmarket dentist** can get your smile back using tooth replacement solutions that are affordable and effective. Book an appointment today and learn more about tooth replacement.

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## Full arch replacement

If you have lost many teeth in your life, a full-arch restoration might be the best option for you. By using this procedure, patients can enhance their facial appearance, improve their chewing and speech.

Usually, full arch replacement takes 3-4 days to complete. However, the length of the procedure will depend on the number of implants you need.

In a full arch replacement, there are three factors to make sure that the procedure is a success :

- dental implants
- prosthetic teeth
- Screw

The first step is for the **dentist in Newmarket** to take X-rays of your teeth and gums. During the session, your dentist will plan the position of your implants based on the impression of your teeth. Your dentist will ask you to go back for another session to place the implants to support the teeth.

During oral surgery, your dentist will place the implants. His next step is to fit the prosthetic teeth over the implants. Once the temporary teeth are in place, you can go home. You will ultimately see the results of your full arch restorations after ten to fifteen weeks. Your Newmarket dentist will schedule follow-up appointments after the placement of your new teeth to ensure that they are comfortable.

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