

Arch Dental Centres Toronto's Frequently Asked Questions

Have Questions? We've Got Answers!

Every day in our offices at Arch Dental Centres Toronto, we speak with our patients to answer any questions they may have regarding the health and maintenance of their overall oral condition. Listed below for your reference are the five questions that we are asked most often. If you would like to discuss any of these questions in more detail or if you have dental questions of your own, we invite you to call us.

Q. Why is it important that I visit my dentist every six months?

A. We recommend that patients visit our office at least twice each year for dental checkups to ensure optimal oral health and to help avoid any serious and/or costly problems in the future. In addition to cleaning and polishing all the visible and hidden surfaces of your teeth, we also check for many potential problems. Tooth decay, oral cancer, and periodontal (gum) disease are just a few examples of problems that can have serious consequences if left undetected. In certain cases, we may even recommend three or four visits per year in order to properly treat conditions that require more regular attention. Maintaining a regular appointment schedule with your dentist isn't just good for your teeth, it's an important part of your overall health.

Q. When should a child have his or her first visit to the dentist?

A. Recent studies indicate that by the age of three, a child is already at risk of having cavities, which can be caused by something as innocent as putting a baby to sleep with a bottle of juice or milk. Along with taking our first look at your child's mouth, this first appointment is also largely focused upon the parents and helping them establish a good oral hygiene program and diet for the child. We believe that a child should have his or her first dental visit either when their first tooth erupts or before they reach their first birthday.

It is a little known fact that a child's primary teeth are vital to the long-term health of their permanent adult teeth. The premature loss of primary teeth as a result of accidents or decay can cause serious problems, including poorly spaced and crooked adult teeth. As a result, it is just as important to care for a child's baby teeth as it is for the adult teeth that will follow.

Q. How can I help myself prevent bad breath?

A. According to recent studies, almost half of North American adults suffer at least occasionally from bad breath (halitosis). Bacteria, either found in the mouth or on the back of the tongue, is the most common cause of bad breath. These bacteria produce a volatile sulfur compound, which in turn produces a smell similar to "rotten eggs." (Other non-dental causes of halitosis include certain foods, smoking, alcohol, hormonal changes, or simply being hungry.)

If the halitosis is of oral origin, the treatment usually begins with ensuring meticulous hygiene of the mouth. Your dentist or dental hygienist will check for gum disease and, if necessary, prepare a detailed treatment plan. Tongue scraping should also become an important part of daily home care and part of your regular tooth brushing routine. It's easy and painless.

Q. How is a mouth guard from my dentist different from one I buy at a sporting goods store?

A. High-speed collisions that occur during the play of sports like hockey, football, soccer, and basketball can cause serious tooth damage. A professionally fitted mouth guard is the best defense for any athlete against this. The mouth guards provided in our office are custom-made to perfectly fit the wearer's teeth, which can result in a more comfortable and secure fit. In addition, we use a heavier mouth guard material selected based upon each patient's individual needs. The boil and bite mouth guards that you purchase in retail stores simply cannot provide the same level of protection.

Q. How should I deal with my fear of dentists?

A. A significant percentage of adults suffer from some level of fear of dental treatment – you can take comfort in the fact that you are not alone! Given the importance of maintaining healthy teeth and gums to your overall health, it is imperative that you find a way to deal with these fears. In our clinics, we offer a range of techniques to help our patients reduce their anxiety. Here are a few ideas that you might consider: