

Smiles Better!



Get your teeth ready for summer!

It's time to Spring clean your teeth for a sparkling summer smile

We are patiently waiting for the sun to shine and the temperature to increase so we can get rid of our winter thermals and show off those toned arms and bodies that we have been working on all winter!!

If we think about our teeth they too need to be looking and feeling their best! A common complaint or problem that I see from all new patients who come to Causeway Dental is their poor gum health. Many are not aware that they have gum disease or have never been to see a hygienist.

Signs of gum disease

- bleeding gums when brushing or flossing
- build up of tartar on teeth
- bad breath
- swollen puffy gums
- bright red gums

Gum disease is usually easy to treat. It requires deep cleaning from the dentist or hygienist who will also show you hints and tips on tooth brushing and flossing. Both the Dentist/Hygienist and you work together to overcome it.

What happens if gum disease is not treated?

Gum disease can progress to affect the bone tissue around the



teeth – periodontal disease. The bacteria present in gum disease start to breakdown the bone around the teeth, this bone will not come back. Long term if not treated the teeth will become loose. You may also notice the gums begin to shrink or disappear.

Treatment again requires deep cleaning with the hygienist, but the visits need to be more regular and may be for life. The bone surrounding the teeth is vital for their survival the hygienist takes measurements to help monitor the bone levels to ensure it is and maintained and healthy.

If you are suffering from any of the above and are worried about it go see your dentist and discuss it. Regular visits to your dentist or hygienist, brushing and flossing your teeth properly and stopping smoking will help prevent gum disease and keep your teeth healthy.

A healthy smile is the key to feeling good no matter what the weather!

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